

# Join us at MIFWA



## Harness Self-Compassion

Learning self-compassion can be truly life changing. In this course you will learn and practice a growth mindset, mindfulness, forgiveness and gratitude of ourselves as well as others.

- What does self compassion mean and what are the elements?
- How can having self compassion benefit you and how can you incorporate this in your daily routine.
- Learn about local community groups practicing self-compassion .

Friday 26 Jul | 6pm-8:30pm

### Who can participate?

MIFWA carers are welcome to attend.

### How do I enrol?

Please contact a MIFWA staff member directly.

### Where are the courses held?

These courses will be held at:  
Online via Zoom

### What is the cost?

All courses are free

### How can I find out more?

Call: 1300 285 751

Email: [info@warecoverycollege.org.au](mailto:info@warecoverycollege.org.au)



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