



# Self-compassion and Loving Kindness

Facilitated by Deanne & David Pederson

Based on the work of Kristin Neff, Christopher Germer and Tara Brock,  
we will explore ways to develop self compassion and kindness.

2 to 4pm on Wednesdays  
January 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>, in the Parlour

*First-St Andrew's*  
UNITED CHURCH

