

Nurture your Inner Peace

An Introduction to Self-Compassion

Participants will explore:

- What self-compassion is (and isn't)
- Its three core components
- The common challenges people face
- How to practise it safely

Drinks and snacks will be provided.

Sunday, August 23 | 1-3PM

Unitarian Church, 5 Emmanuel Rd, Cambridge, CB1 1JW

Please let Aysha know if you would like to attend
events@cambridgeunitarian.org

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