

Pathways to Wellness

# Self-Compassion & Recovery

A peer-led, 5-week workshop on the power of being kind to yourself as you work to recover from mental health and substance use challenges.



Together we will read and discuss Kristin Neff's book,  
***Self-Compassion: The Proven Power of Being Kind to Yourself***

**Cost: \$10** (with book provided)

*Please contact us if payment poses a hardship; scholarships available*

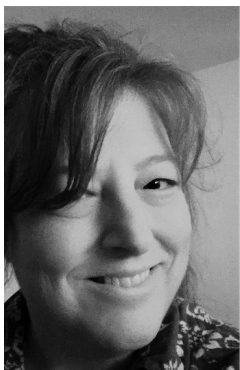
Introduction • Why Self-Compassion? • Being Kind & Sticking Together • Mindfulness  
• Emotional Resilience & Opting Out of the Self-Esteem Game • Motivation, Personal  
Growth, & Compassion for Others • The Joy of Self-Compassion

Wednesdays  
February 12 – March 11, 2020  
6:00 – 7:30 pm

The Wellness Studio  
2647 Milwaukee Street  
Madison, WI 53704

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Workshop size is limited to 10. Reserve your spot by emailing  
[anitam@soarcms.org](mailto:anitam@soarcms.org) by January 27, 2020.



**Anita Makuluni** lives in Madison, co-facilitates a bipolar and depression support group, and is a peer supporter at Solstice House. She has lived experience with chronic depression, anxiety, an eating disorder, complex PTSD, and the loss of a loved one to suicide, as well as therapies including EMDR, mindfulness, and art therapy.

**David Michael** lives in Fitchburg, has participated in DBT groups, and attends a variety of support groups. He has lived experience with bipolar disorder and anxiety.

***We look forward to meeting you and traveling with you on a path toward wellness & recovery.***

