

# And Here We Are...

WEDNESDAY  
SEPTEMBER 6TH  
2:00PM-4:00PM

Join me as we discuss the duality of self-compassion. We often find our brain being myopic, this is most obvious on our hardest days. Let's explore the importance of being positive, taking action steps, AND how to invite that through validation of the present moment.



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*Please call Cassandra @ 231-398-0434 to register for this FREE training.*

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In-Person Training  
Opportunity

Certificates are given to those who attend the presentation, no CEU's are given.

Presented by Connie Sawtelle, Training Instructor for Spectrum Community Services

This training is made possible in part by Spectrum Community Services & the Manistee Friendship Society

MANISTEE  
FRIENDSHIP SOCIETY

50 Filer St. Suite 310A  
Manistee, MI 49660  
231-398-0434

September 6<sup>th</sup>  
2:00pm-4:00pm