



Chrysalis Center

Cultivating Compassion

A Self Compassion Skills Group



Call for more information or to
schedule your group screening
(910) 790-9500

Cultivating Compassion

Facilitated by Kaitlyn
Patterson, MA, LPA

This 8-week course will explore how to build self-acceptance and inner strength through the power of compassion and mindfulness. It is designed around compassion-focused techniques. This educational group is open to all adults. Participants will develop skills to build compassion towards themselves and in their relationships with others.

Reserve your spot today, space is limited.
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www.chrysaliscenter-nc.com