



THE ART OF SELF COMPASSION

EDGE COUNSELING & WELLNESS GROUP THERAPY

March 13 2020 | Friday | 1pm | 8 Weeks
719 W. Lake Ave Peoria, IL 61614

“Love brings you face to face with yourself.
It’s impossible to love another if you cannot love yourself”
John Pierrakos

What is involved in this group?

This group will meet for 8 weeks on Fridays from 1-2pm. Each group session will feature a general theme related to self compassion using the materials from acclaimed researcher and author on self compassion, Kristin Neff. Each session will consist of discussion opportunities, an exercise, and homework for the following week. All participants should arrange to attend each session in order to derive the best benefit and support from the group process.



What can I expect from group therapy?

Group therapy can help you get support from peers, learn from shared experiences and give you the opportunity to share with others. In this group we incorporate discussion, experiential activities, and mindfulness to identify automatic patterns of self identification. We then utilize the concepts discussed to practice new ways of seeing ourselves.

**Contact Audrey LeMasters LCSW, PHD at (309)408-1493 or visit
EdgeCounselingAndWellness.com for more information**