



Gather & Grow Workshop Series



Project Self-Compassion

Project Self-Compassion is designed for high school girls interested in sharing experiences in a group setting - working towards accepting difficult emotions. Members will learn self compassion is not only being kind to oneself, but to open up and make room for all challenging emotions, allowing them to flow freely through us, and not judge or fight them.

“...having uncomfortable emotions is challenging, but you are strong.”

“...working with emotions is tough, but it is a part of life. Take a deep breath, be brave and don't let these emotions define who you are.”

Excerpt - Compassionate Letter to Self -- former member of Project Self Compassion.

Thursdays 7pm-8:30pm

8 Weeks

Starts Soon!

Grow Relationship Therapy | 121 N. Washington Street | Suite 2A | Naperville IL 60540

To Register, Please email michaele@aimtogrow.com

Group is \$ 245.00 | Can be submitted to in-network insurance carriers



Facilitated by Michaele Knous, MS
Licensed Clinical Professional Counselor
michaele@aimtogrow.com
630-256-8378 ext. 107

