Self-Critical?

Low Self-Worth?

Shame & Guilt?

Cultivate more self-compassion & mindfulness in your life.

This is a skills group that offers you the opportunity to increase your awareness and intentionality, reduce your own suffering, relate to yourself and others with grace, hold yourself accountable with kindness, and accept what is and what is not.

Tuesdays 9:00-10:30 am
Starting October 19

For more information, please contact:
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