

An evening of
Self-compassion

Sponsored by the
School Sisters of St. Francis
Nonviolent Living Committee

APRIL 30
6:00 - 7:30 p.m.
St. Joseph Center
1501 S. Layton Blvd.
(Greenfield Ave. @ 27th St.)
Milwaukee

Presented by Linda Gaughan,
Master of Arts in Pastoral Studies, Nonviolent Communication Skills Advocate

Give yourself a break! Come and join us for an evening of inner reflection where we will practice shifting from self-blame to self-compassion. There will be interactive presentations as well as small and large group sharing. Come prepared to connect with self and participate with others!



Open to all, especially, health care providers, educators and counselors.

Please RSVP to
Sr. Dusty Farnan
sssjustice@sssf.org | 414.385.5261
Free will offering accepted.

