

## **Recovery College South East: Compassionate Mind** **(<https://www.activelink.ie/node/111974>)**



Join us for a morning workshop focused on cultivating self-compassion through mindfulness practices. Learn to approach challenges with kindness and understanding, and discover a more accepting and compassionate view of yourself.

The Recovery College South East is a free educational program for people experiencing mental health and addiction challenges. The workshops are co-produced by people with experience of these challenges and professionals.

### **Contact Details**

Wednesday, November 13th, 10:00 AM - 12:30 PM

Recovery College South East, Greenshill, Kilkenny, R95 YYCO

[www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com) (http://www.recoverycollegesoutheast.com);

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086 1746330 (tel:0861746330)

**We hope to see you there!**

### **Region**

Kilkenny

### **Date Entered/Updated**

5th Nov, 2024

### **Expiry Date**

13th Nov, 2024

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