



Kamloops YMCA/YWCA

Mindful Self-Compassion

ADULTS 18+

In this group you will learn:

- How to handle difficult emotions with greater ease
- Mindful and self-compassion practices for home and everyday life
- How to stop being so hard on yourself
- How to motivate yourself with motivation rather than criticism
- How to become your own best teacher

Join us this Fall



JENNA NICKLE

Jenna Nickle is Mental Wellness Programs Director at the Kamloops Community YMCA-YWCA. She is a mental health professional and a Certified Teacher of Mindful Self-Compassion (MSC). Jenna has developed and delivered unique customized Mindfulness and Compassion programs and workshops for all ages. Jenna found MSC in her own moments of difficulty and anxiety, and each day feels grateful for the support of her own practice and teachers. Nothing brings her greater joy than exploring and sharing the practices of compassion with others.



AMY DETAEYE

Amy Detaeye is a Registered Social Worker with Vancouver Island Health Authority where she works with Children, Youth and Families in Mental Health and Addictions. Amy is also a Mental Health Program Facilitator with the Kamloops Community YMCA-YWCA. Amy is committed to deepening her understanding of self-compassion, finding the joy in each moment, and cultivating gratitude and self-love. She is grateful each day for the support of her own mindful self-compassion practice.

**FOR MORE INFORMATION PLEASE CONTACT MENTAL WELLNESS PROGRAM COORDINATOR AT:
MENTALWELLNESS@KAMLOOPSY.CA**