



# MAKING FRIENDS WITH YOURSELF:

## A MINDFUL SELF-COMPASSION PROGRAM FOR YOUNG ADULTS

*Making Friends With Yourself (MFY)* is a FREE 8-week program that offers participants specific tools for recognizing and managing their struggles and helps them learn how to meet these struggles with kindness and compassion.

Are you interested in learning more? Please email one of the leaders to schedule a quick conversation about the program. We welcome **all** students.

Dates: 3/01, 3/08, 3/15, 4/05, 4/12, 4/26, 5/10, 5/17 (No sessions: 3/22, 3/29, 4/19 or 5/03)

Time: 1-2:30 pm

Room: Room 1426

Contacts:           Deidre Hughes, Trained MFY Teacher: [dhughes@fullcoll.edu](mailto:dhughes@fullcoll.edu)  
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Feedback from Fall 2018 participants:

*“Thank you so much for providing a space that was both safe and challenging. I hope to apply many of our practices to my academic life and in my own daily life.”*

*“I will use the practices to keep myself calm and keep my perspective.”*

*“I thought the entire program was well put together, had great structure, and was well-executed.”*

*“I plan to use what I have learned to be more present for the things that make me happy.”*

*“I am taking away keeping that there is light after a dark time and knowing how to give self-compassion to myself and to others.”*

*“I feel empowered and refreshed. It sounds cheesy, but I have a type of hope. I am more confident in my own life knowing how to handle stress, which seems so constant. The atmosphere is safe, comfortable, and productive.”*

*“I am so incredibly grateful for everything that I have learned here.”*

*“This was an outstanding course. I looked forward to attending every week.”*