

# Compassionate Minds

Practicing self-compassion

12pm to 5pm

**At Positive East**

159 Mile End Road, E1 4AQ

**19 Sept  
2023**

**This session is another chance to attend for those who couldn't make it to the earlier sessions.**



**Places are limited**  
**For more info and to RSVP**  
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Self-compassion is an integral part of emotional health, and involves treating yourself with kindness, care and support. This means relating to yourself in a similar way that you do with those you love and care for.

 **PositiveEast**  
better futures for positive people