



- Deal more effectively with life's challenges
- Increase resilience to stress, anxiety, depression and pain
- Promote calmness, cultivate inner strength, increase vitality
- Boost feelings of well-being, acceptance, kindness and love

Mindfulness is increasingly being recognised as a helpful tool for a range of mental health issues including depression, anxiety and stress. Combined with self-compassion we can learn to respond to life's ups and downs more skilfully and treat ourselves like a dear friend. We can improve our relationships with ourselves and with others and increase our life satisfaction and happiness.

Join Monte Scharbow and Lynn Rackley (trained Mindful Self-Compassion teachers in Dr Kristin Neff and Dr Christopher Germer's program from the University of California) for this life-changing 8-week program.

**Where:** Meeting room, Building 1, Pearce Community Centre, Collett Street, Pearce ACT

**When:** 6:30pm-8.45pm, Tuesday evenings 2, 9, 16, 30 Oct and 6, 20, 27 Nov; and 9:30am-3:30pm Saturday 10 Nov (includes Coming Home to Self-Compassion Retreat)

**Price:** Early bird rate of \$440 before 11 Sept; \$490 after 11 Sept 2018.

**Enquiries and registrations:**

Monte Scharbow ph. 0431 317 695

or email [monte@grapevine.com.au](mailto:monte@grapevine.com.au) (away overseas between 25 May – 15 July)

or Lynn Rackley ph. 0455 178 910 (after hours)

or email: [soothedheart@gmail.com](mailto:soothedheart@gmail.com)

Monte Scharbow is a former Civil Engineer, natural medicine practitioner, health educator and Commonwealth government public servant. Monte is an accredited Dru Yoga and Meditation teacher and has been teaching in Canberra for over 10 years. With a background in science, he is a proponent of evidence-based health practices.

Lynn Rackley is a Commonwealth Government public servant. She has extensive applied counselling and psychology training including solution-focused therapy, acceptance and commitment therapy and couple counselling. Lynn has experience counselling young people with intellectual disability and vision loss and has worked as a mental health clinician in medical centres in country New South Wales. Her work has been trauma-informed and strengths-based.