

SELF-COMPASSION TRAINING FOR PHYSICIANS & HEALTHCARE PROFESSIONALS

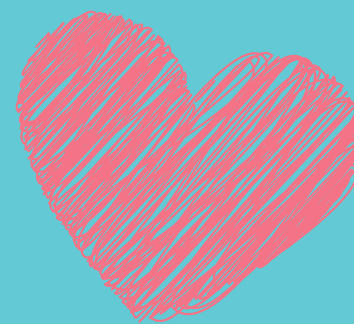
****SECOND COHORT****

SIX WEEKLY THURSDAY SESSIONS
JUNE 10 TO JULY 22, 2021
TIME: 7:30P.M. - 9:00 P.M.

Register Now!

Self Compassion:

**GIVING
OURSELVES
THE
KINDNESS &
CARE WE'D
GIVE TO A
GOOD
FRIEND**



Northern Ontario
School of Medicine
École de médecine
du Nord de l'Ontario
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CEPD

continuing education and
professional development

The series of six online interactive 1.5 hour group sessions are aimed at improving physician and healthcare professional well being, and will provide resources for building resilience in the face of common stressors in our clinical or educational settings.

More information, or to register, please **[view our registration form!](#)**

Meet your Facilitators!



Monique Mercier
M.A., C.Psych.Assoc.

Monique is a psychological associate and trained teacher of the Mindful Self-Compassion groups through the Centre of Mindful Self-Compassion



Bryan MacLeod
MD, CFPC, FCFP

Bryan is the Medical Director for SJCG's Chronic Pain Management Program. He is the co-chair of SJCG ECHO Chronic Pain Interprofessional Medical Education Program