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| **New Webinar Series on Mindful Self-Compassion for Families and Providers** |

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 The Brazelton Touchpoints Center, the Center for Child and Family Well-being at the University of Washington, and the Center for Mindful Self-Compassion have teamed up for a three-part webinar series that will introduce families and family-facing providers to mindful self-compassion (MSC) practices to help them care for themselves and each other. Research has shown that these practices can greatly enhance emotional well-being, boost resilience, reduce anxiety and depression, and even help foster healthy lifestyle habits. Registration is open for the first two webinars, on **April 29** and **May 13**. The first webinar will provide an introduction to MSC, the research that supports it, and a few simple ways we can bring it into our lives during these challenging times. Participants will learn how MSC is being practiced in diverse communities around the world, can build resilience in all kinds of families, reduce caregiver burnout, and strengthen relationships. Participants will have a chance to experience MSC through a few brief practice exercises.  The second webinar will explore how communities can create culturally relevant, trauma-informed mindfulness and self-compassion programs. Representatives from a team of parent leaders and health care partners in Seattle, Washington, will share their experience developing community-led mindfulness and self-compassion practices to promote the well-being of youth, families, and communities who are marginalized. Together, they’ve worked to build resilience and collective capacity for social justice and healing. **Webinar 1:****Mindful Self-Compassion: Heart Skills for Our Families and Ourselves in Challenging Times**Wednesday, April 29 at 12 PM PT / 3 PM ET[**Register Today!**](http://r20.rs6.net/tn.jsp?f=001C88FNfXrAcvplXJ1sQwZO_7IpU04UdB2883Qc7LPwVhT1f3LzMtO2l7MpmW1SebHFEK4_daWCb-vWj13U68Pk6FFK0W8raVegF-0VwSpa9CUmWbX29lnPoUPNXEoyXP-SlEnDrU4gn2esv4-SafI3NemW5hdJD3Uv8pdMu8d-dd6LXikTpu06BtijY2rG3I9fNINkpq4xAEXinVzqOXk4g==&c=A9XYBLWPjfFvo_KeVzow9yo0yS1P3RAcyBqMygnxsL_dEXzx6T-nwQ==&ch=xdc-nf5xHFu6Qr_tGpygDdMC1qnpajsO3VNLl9EoaGb3uce_u_E-PA==)  **Webinar 2:****Mindful Self-Compassion: Co-creating Heart Skills with Communities**Wednesday, May 13 at 12 PM PT / 3 PM ET[**Register Today!**](http://r20.rs6.net/tn.jsp?f=001C88FNfXrAcvplXJ1sQwZO_7IpU04UdB2883Qc7LPwVhT1f3LzMtO2mtRJQsEOtuy420nwIlMrQmBLslu-d92c-aCTOKrYifgY3w5Tbvlqbbg3yALcuahUYSIpEO3yBscTOypzj8Cxty5Dl9_1Tt76FfsKsYYqdyc9aOenyIKiP-ioWr9NCznNc4KKojrgbNZ7mobcI4_-40oIw_7DInAUw==&c=A9XYBLWPjfFvo_KeVzow9yo0yS1P3RAcyBqMygnxsL_dEXzx6T-nwQ==&ch=xdc-nf5xHFu6Qr_tGpygDdMC1qnpajsO3VNLl9EoaGb3uce_u_E-PA==)  |

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