



# Mindful Self-Compassion



**Presenter:** Susan Walzer

**Date:** Thursday, August 13, 2026, 7:00 PM

**Location:** The Parkinson's Center YMCA

**⚠ Attendance Note:** This meeting is **in-person only**. There will be no Zoom option for this session. A separate, Zoom-only meeting with Susan Walzer, covering similar material, will be held on **August 20**.

Our speaker will explore the theory, research, and daily practice of mindful self-compassion.

- **Stop being so hard on yourself** and break the cycle of self-criticism.
- **Handle difficult emotions** with greater ease and resilience.
- **Motivate yourself** through encouragement rather than harsh judgment.
- **Transform difficult relationships**, whether they are old or new.
- **Become your own best teacher** by cultivating inner support.

**Susan Walzer** was a member of the Skidmore College sociology program for 25 years, where she also served as a department chair. Her teaching and research focused extensively on emotions, family relationships and transitions, social psychology, and higher education. In addition to her academic work, Susan has frequently provided guidance based on her qualitative research.

**No registration required**—just show up!