



## **RECOVERY COMMUNITY WORKSHOP**

*This workshop is free and open to anyone interested*

***Join us in Mt. Pleasant, SC***

**September 16, 2019 • 7pm to 8pm**

St Paul's Lutheran Church, 604 Pitt St Mt Pleasant, SC

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### **"Self Compassion Meets Self Talk - A Path to Serenity"**

Based upon universal spiritual traditions, wisdom from the 12 steps, and modern innovative interpretations (Self Compassion research, ACT therapy) we'll discuss and experience tools to guide us to our inner stillness and easeful wise self.

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#### **Presented by Caroline Ilderton, MA, LPC, CDWF**

Caroline Ilderton earned her undergraduate degree from Goddard College and went on to Vermont College for a Master of Arts in psychology. She is a licensed professional counselor through the State of South Carolina.



Throughout her career Caroline has integrated into her work methods for positive change that blend the medical model, wisdom traditions and current research. She has facilitated many workshops and retreats including such topics as "The Artists Way", Ecotherapy, Women's Circles and Recovery. Caroline is also trained as a 200 hr yoga teacher and a Certified Daring Way™ Facilitator. Caroline has a deep understanding and compassion for the suffering addiction creates for individuals and families.

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**We look forward to seeing you there!**

**All are welcome - No RSVP needed.**

For more information contact  
Alumni Services 828-694-2300  
[alumni@pavillon.org](mailto:alumni@pavillon.org)

[www.pavillon.org](http://www.pavillon.org)  
241 Pavillon Place, Mill Spring, NC 28756

