

# CAFÉ PSYCHOLOGIQUE

Conversations in the art of life...  
talk, listen and share

**Tuesday 22 July 8 pm**

**LOOKING AFTER NUMBER ONE:**

The art of self-compassion

*Cath Backhouse*

*Clinical Psychologist and Self-Critic*

Hosted by Chris Powell, Group Analyst

**SEVEN ARTS, CHAPEL ALLERTON, LS7 3PD**  
**THE LAST TUESDAY EVERY MONTH AT 8PM**  
**£3 ON THE DOOR**

MORE INFORMATION: [CAFE@SPARK.UK.NET](mailto:CAFE@SPARK.UK.NET)  
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