

Sustainable Compassion Training Workshop

October 16, 2016 (Sunday-full day)

Conducted by **Dr. John Makransky** PhD, Associate Professor, Boston College
Co-founder of Courage of Care Coalition.

Sustainable Compassion Training is a set of contemplative practices designed to help people realize an internal power of unconditional care that is healing and sustaining. Through this ability practitioners become more fully present to themselves and others without suffering empathy fatigue and burnout.

A continuing professional development event accredited by U ofT Faculty of Medicine and the College of Naturopaths of Ontario.

\$175/workshop (early bird fee \$150, register by Sept 30)

- **Prof. Makransky will also deliver the keynote address at the Applied Buddhism Conference at the University of Toronto. October 14, 2016 (Friday 7 p.m.)**

VISIT www.wisdomtoronto.com for Conference information and registration.

LOCATION (both events): Emmanuel College, University of Toronto, 75 Queen's Park Cres.

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