

JOURNEYING TOGETHER

COMPANIONING PEOPLE WHO ARE SUFFERING

These days clinicians and caregivers are under unbelievable stress. This highly experiential retreat, that includes periods of silence and stillness, aims to reach out to caregivers that are doing the lion's share of the care, help them build resilience, and help them stay "human" despite the pressures that surround them.

Frank Ostaseski will assist participants to explore and develop key elements of Wise Relationship including three-center listening, skills for deepening dialogue, mindfulness practices that develop cognitive control, emotional balance, and somatic awareness. At the end of the retreat, participants will better understand the skillsets required and how to work with the obstacles they are faced with daily.

"Dying is much more than a medical event. It is a time for important psychological, emotional and spiritual work – a time for transition. To a large extent, the way we meet death is shaped by our habitual response to suffering, and our relationship to ourselves, to those we love, and to whatever image of ultimate kindness we hold."

—Frank Ostaseski



Frank Ostaseski is an international expert on accompanying those who are dying, visionary cofounder of the Zen Hospice Project, and founder of the Metta Institute. He has lectured at Harvard Medical School, the Mayo Clinic, Wisdom.2.0, and teaches at major spiritual centers around the globe. Frank is the 2018 recipient of the prestigious Humanities Award from the American Academy of Hospice and Palliative Medicine. His groundbreaking work has been highlighted on *The Oprah Winfrey Show* and honored by His Holiness the Dalai Lama.

PUBLIC LECTURE LESSONS TO THE LIVING FROM THE DYING

October 30, 2019

St. Boniface Cathedral

7:00 pm - 8:30 pm, doors open: 6:30 pm

Entrance fee: \$25 / CHAM & IHCAM Members: \$15

FULL-DAY RETREAT WISE RELATIONSHIP IN ACCOMPANYING THE DYING

October 31, 2019

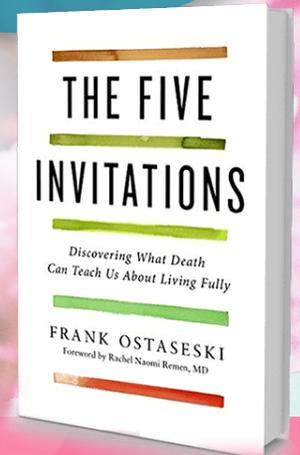
St. Boniface Cathedral 10:00 am - 4:00 pm

Pre-registration required

Registration fee: \$175

CHAM & IHCAM Members: \$150

Includes lunch and afternoon snack



TO REGISTER: <https://bit.ly/2nxdKma>

LECTURE & RETREAT SITE: St. Boniface Cathedral
180 avenue de la Cathédrale

FOR MORE INFORMATION: Shawna Namaka 204.258.1053 or
snamaka@chcm-ccsm.mb.ca



CATHOLIC HEALTH ASSOCIATION OF MANITOBA
ASSOCIATION CATHOLIQUE MANITOBIENNE DE LA SANTÉ
MAHTOBIKKA KATHOOLIKKA AACCHEEBER ISHOPOR

