

Exploring Compassion Accompanying Suffering

Wednesday, Nov 14th, 2018

8:30 A.M. to 3:30 P.M.

Selkirk Regional Health Centre

120 Easton Drive, Selkirk MB

MORNING SESSION: C.A.R.E.: Taking Time for What Matters

Compassion, Attention, Resiliency and Excellence

In this highly experiential workshop participants are invited to explore new perspectives on compassion, self-compassion and mindfulness with a focus on further developing skills and strategies to meet suffering, our own and that of those we serve, with compassionate presence. We'll explore the latest scientific thinking on the psychology, biology and neuroscience of trauma, empathy, and compassion and the emerging evidence on training. *All invitations to engage and experiment with practices will respect individual presence and autonomy.



Dawn MacDonald, MSW, RSW

In 2010, Dawn MacDonald, was tasked by the Catholic Health Corporation of Manitoba to search the world and find contemporary ways to co-create the conditions for compassion to flourish in health and human service. Deep in her heart, she knew that when people enter into this work, they do so as an expression of their own commitment to, and belief in, common humanity. Out of this belief was founded the Compassion Project where world-renowned and evidence-based programming are offered that invite us to put away our devices and work with our original technology - our minds, hearts, and bodies. Dawn previously worked for 20 years in adult and adolescent mental health and is a Masters prepared Social Worker. Fueled by an incredible passion and love of people, Dawn feels so very grateful to have the privilege to walk alongside the participants she encounters.

AFTERNOON SESSION: Compassionate Spiritual Health from an Indigenous Perspective

This portion of the day will focus on people who face death or various forms of chronic illness. This may include indigenous ceremonies that an elder may share with a person or family in such situations. We will be sitting in groups of eight at tables which may involve a sharing circle as a way to reflect on this session.

Robert Maytwayashing is an Anishinaabe from the Lake Manitoba Treaty 2 First Nation in the Interlake. Over the past 25 years his professional career has taken him in many directions which include but are not limited to: First Nations Governance, Health, Economic Development, Child Care and Administration. Since 2009, Robert has been the Indigenous Human Resource Development Officer at Interlake Eastern Regional Health Authority. Personally, Robert's traditional identity, experience, and knowledge has been gained by being out on the land as a hunter, trapper, gatherer of plants and medicines, as well as a commercial ice fisherman on Lake Manitoba. This, along with being very active in traditional ceremonies, Robert has had the honor and privilege of working closely with elders of many tribes.



Robert Maytwayashing
B. Sc (Agr)

REGISTRATION FORM

Before November 1st \$35 / After \$40

To register: Fill out the information below

Bring your own lunch or purchase one at the cafeteria. \$1/hr for parking on site.

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

RELIGIOUS AFFILIATION _____

For questions or information contact Peter at: kcdjrtp@mymts.net or 204.955.8545

Please send cheque payable to the Manitoba Multifaith Council and the registration portion of this poster to: Peter Dyck, Box 7 Group 226 RR2, Selkirk (MB) R1A2A7



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