

DEVELOPING EMOTIONALLY SELF-
REGULATED AND COMPASSIONATE
SUPPORTERS

CONSCIOUS CARE & SUPPORT

WORKSHOP WITH PETER MARKS

MAY 22, 2018 AT 9:30 AM

BOBBY ORR COMMUNITY CENTRE

[HTTPS://PSCONSCIOUSCAREAPRIL2018.EVENTBRITE.CA](https://psconsciouscareapril2018.eventbrite.ca)

FOCUS OF TRAINING:

- Discovery, insights, understanding and practical tools.
- Supporters becoming mindfully, emotionally self-regulated and mature.