



*“The most essential thing in life is to establish an unafraid, heartfelt communication with others, and it is never more important than with a dying person.”*

*~ Sogyal Rinpoche*

## **An Exciting Opportunity**

**For Volunteers & Staff of Doane House Hospice in a Five Session Series:**

# *Training In* **A Contemplative Approach to** **End-of-Life Care**

***This training is based on the Certificate Program offered by Rigpa<sup>1</sup>.*** Participants will learn contemplative practices used to develop compassionate presence in end-of-life care. Topics include: *Compassion, “Being With” Dying, Being With Suffering / Transforming Suffering, Supporting the Bereaved, and Self-Care.*

This rich training program will prepare participants to help fulfill the vision of Dr. Dorothy Ley<sup>2</sup>, who said ***“We will be with you in your living and dying. We will free you from pain and give you the freedom to find your meaning in life – your way. We will comfort you and those you love – not always with words, often with a touch or a glance. We will bring you hope – not for tomorrow, but for this day.***

***We will not leave you. We will watch with you. We will be here.”***

*Dates: Half-day Saturdays on October 17-24-31, November 7-21. Introductory Session Date TBD*

***LIMITED NUMBER OF PARTICIPANTS – Register Soon!***

*Contact Jean Anderton at 905-967-0259 or [admin@doanehospice.org](mailto:admin@doanehospice.org)*

<sup>1</sup> <http://www.rigpa.org>, <sup>2</sup> *Pioneer in the Canadian Hospice movement*