

# Creating Compassionate Cultures

## A workshop for parents

We invite you to attend this series of four evenings to explore an approach to understanding oneself as a guide and a learner in your role as parent in the 21<sup>st</sup> century. Pam Cayton, in partnership with staff at Tara Redwood School, has developed an approach and methodology that strives to awaken and create a

more compassionate world, starting with oneself. Pam will lead us in discussions, reflections and activities that supports our deepening awareness of ourselves as powerful role models and supportive, loving friends for our children and the world around us. Our series will follow a step-by-step process, known as the Seven Steps, or Seven Branches of Knowledge Strength and Compassion.

However, we also invite you to request specific issues, challenges and topics you would like to discuss.

Just as a pebble cast in a pool ripples out to affect the whole body of water, so too do our thoughts and actions ripple out from oneself, through the home, through each of our family members and out to all those with whom one's family has contact.

### Schedule of Evenings

6:30pm - 8:30pm

October	Wednesday 6 <sup>th</sup>
November	Wednesday 10 <sup>th</sup>
February	Wednesday 2 <sup>nd</sup>
March	Wednesday 2 <sup>nd</sup>

“There are two lasting bequests we can give our children. One is roots. The other is wings.

~Hodding Carter, Jr.