



**One-day session with Jerome Stone**  
**Minding the Bedside: Caring from the Heart of the Awakened Mind**

Wednesday, February 15, 2012

0830-1700 Hours

2<sup>nd</sup> Floor, Mezzanine Level, I. H. Asper Clinical Research Institute, St. Boniface Hospital Campus

*Sponsored by the Catholic Health Corporation of Manitoba's Compassion Project*

**Dear Friends and Colleagues:**

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We invite you to attend this one-day event, which will focus on exploring the practices of compassionate presence. This session will be of particular benefit to individuals interested in enhancing or renewing their capacity to be fully present in one's daily life.

Calling on his decades of experience in the nursing profession Jerome will share with us teachings, stories and insights that will inspire any practitioner to rediscover their art of practice as a blessed opportunity. All of us involved in the helping professions are at one time or another faced with the big questions: What does it mean to "show up", to be present for another? How can I possibly be helpful in the face of unfathomable suffering or impossible circumstances? What really is compassion?

Our day together will be experiential so we invite you to wear comfortable clothing that allows for movement. Other requirements to facilitate our time together:

- Mat & Cushion:** Bringing a mat and/or cushion would also be of service. We are happy to make mats and cushions available but may not have a sufficient amount for all attendees.
- Water bottle/mug:** In the spirit of compassion for our planet, we'd also ask you to bring a refillable water bottle/mug to enjoy your beverages during the day.
- Parking:** Parking passes will be provided.

Register early as space is limited to 75 attendees by filling out the attached form. Registration and payment must be received by Friday, February 10, 2012.

We hope you will join us!

With much regard,

Dawn MacDonald  
Phone: 235-3700 / [dmacdona@sbgh.mb.ca](mailto:dmacdona@sbgh.mb.ca)

Micheline St-Hilaire  
Phone: 258-1052 / [micheline@godin.org](mailto:micheline@godin.org)

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## **Program**

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Wednesday, February 15, 2012

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| 8:30  | Registration   |
| 9:00  | Welcome & Introduction   |
| 9:10  | <b>Introduction to Meditation</b>  |
| 10:00 | Break  |
| 10:15 | <b>An Introduction to Working with the Breath as an Anchor in Meditation</b> |
| 11:20 | Break  |
| 11:35 | <b>Working Mindfully with Thoughts and Feelings</b>                          |
| 12:30 | Lunch  |
| 13:45 | <b>Working with Pleasant and Difficult Emotions</b>                          |
| 14:45 | Break  |
| 15:00 | <b>Bringing it Together in Compassionate Presence</b>                        |
| 15:30 | <b>Extended Meditation Exercise</b>  |
| 16:15 | Break  |
| 16:30 | <b>Working with Mindfulness at the Bedside</b>                               |
| 17:00 | Closing & Conference Evaluations   |

## Registration Information

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- Registration – \$ 50.00 / person (includes costs of event material, health breaks and lunch)
- Registration Policy – Sorry, no refunds or shared registrations. Substitute attendance will be accepted.

## How to Register

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- Complete the registration form below, detach, and mail in along with payment by cheque or money order payable to:

**Catholic Health Corporation of Manitoba**  
**c/o A1125 – 409 Taché Avenue**  
**Winnipeg, MB R2H 2A6**

- Confirmation of registration will occur upon receipt of payment and completed registration form.



## Registration Form

Title	
First Name	
Surname	
Position/Occupation	
Organization	
Mailing Address:	
Street	
City	
Province	
Postal Code	
Phone (work)	
Phone (home)	
E-mail Address	

Would you like your name and organizational affiliation included on a participant list distributed to session participants?     Yes     No