



2016

SPRING PROGRAMMING



DISCOVER THE BENEFITS

- Developing your ability to be fully present
- Improving your ability to cope with stress
- Enhancing your sense of compassion

LEARNING SERIES

FINDING CLARITY & BALANCE IN THE MIDST OF CHAOS: MINDFULNESS BASED STRESS REDUCTION with Micheline St-Hilaire

Tuesdays
May 10 – Jun 28
1530-1800

Mandatory Orientation: May 3, 1530-1800
Full Day: June 18, 0900-1600
Location: St.Boniface Hospital Parlour, 431 Taché

Explore ways to reduce stress and face the demands of everyday life in this 8-week course inspired by Jon Kabat-Zinn, PhD. In this intensive training, you will learn to cultivate your natural capacity to actively participate in caring for yourself. As a result, you will find greater balance, ease, and peace of mind.

Tuition variable: \$50-\$495

To register contact: Betty Thomson / 204.237.2231 / bthomson@sbgh.mb.ca

WORLD BEAT with Monica Wiest

Mondays
Apr 4 – Jun 27
1930-2045

Location: St.Boniface Hospital Parlour, 431 Taché
(No class May 23)

The world beats inspire your feet to move, your body to groove, and your spirit to soar in this high-energy portion of the class. The second part is 35-minutes of gentle, restorative yoga. Emphasis is on releasing typical areas of tightness and providing a space to de-stress, rejuvenate, and be in the moment – a state that can last longer than 75 minutes!

\$10 drop-in / \$35 per month / \$100 for session (12 classes)

To register contact: Betty Thomson / 204.237.2231 / bthomson@sbgh.mb.ca

MUSIC & MEMORY ONLINE CERTIFICATION PROGRAM

May 17, 18, 19
1200-1330

Location: CHCM Board Room, 431 Taché, N5061

Join us for a series of 3 webinars to discover the healing power of personalized music! You and your professional team of caregivers will learn best practices for how to set up and manage a system for providing a personalized playlist for the people you are called to serve. Music & Memory Certification trains groups of staff, but does not certify individuals.

Tuition based on number of residents/clients at your site.

To register contact: Suzanne / 204-258-1053 / sdupuis@chcm-ccsm.ca

MINDFUL SELF COMPASSION TEACHER TRAINING with Christopher Germer, Michelle Becker & Dawn MacDonald

MAY 22 – 28

Location: St.Benedict's Retreat Centre
For tuition and details: <http://bit.ly/1RbsPa6>

In this intensive 7-day program facilitated by senior MSC teachers, you will train to become an accredited teacher of Mindful Self-Compassion. In the first half of the program you will experience a review of MSC; the second half will focus on how to teach the core themes and skills of the MSC program. You will also receive the essential materials required to teach MSC.

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PRACTICE SERIES

PAUSE

Mondays
1230-1330

Location: St.Boniface Hospital Parlour, 431 Taché
Free • Drop-in

Our lunchtime meditation practice is a great midday break from the hectic pace of work. Everyone is welcome to attend this free drop-in session held on Mondays from September to June (except statutory holidays). This session includes 30 minutes of guided meditation followed by 25 minutes of silent practice. You are welcome for part or all depending on your schedule!

ALUMNI SUPPORT GATHERINGS

2nd Wednesday
of the month
1800-1930

Location: St.Boniface Hospital Parlour, 431 Taché
Free • Drop-in

Cultivating compassion and mindfulness requires practice. Once you've graduated from any of the learning programs, you are invited to continue your practice in community. Gatherings are held every second Wednesday of the month September through June (except statutory holidays).

PLEINE CONSCIENCE AU QUOTIDIEN avec Danielle Cloutier et Micheline St-Hilaire

Mardis
24 mai au 21 juin
12 h à 13 h

Local: Salle académique • Université de Saint-Boniface
Pour s'inscrire: Marina / 204.237.1818 / poste 218 /
mjones@ustboniface.ca

Aujourd'hui plus que jamais la vie quotidienne peut s'avérer exigeante même stressante. Pratiquer la pleine conscience, c'est cultiver notre capacité d'attention pour être pleinement présent à la vie. Elle se cultive par la pratique afin de renforcer notre résilience et améliorer notre bien-être. Ce cours est offert en collaboration avec Sportex (Université de Saint-Boniface).

EVENT SERIES

COMPASSION GRAND ROUNDS

with Dr. Victoria Sweet

"Slow Medicine and the Efficiency of Inefficiency"

April 18
1200-1300

Location: Samuel N. Cohen Auditorium,
St-Boniface Hospital Albrechtsen Research Centre
Free

In this one-hour Grand Rounds, Dr. Sweet will talk about Slow Medicine, and how, when doctors and nurses have enough time, we have the most efficient healthcare of all.

PUBLIC KEYNOTE with Dr. Victoria Sweet "God's Hotel: A doctor, a hospital and a pilgrimage to the heart of medicine"

April 18
1900-2000

Location: Samuel N. Cohen Auditorium,
St-Boniface Hospital Albrechtsen Research Centre
Free

In this evening keynote, Dr. Sweet will talk about her time as a physician at a very unusual hospital, and how her study of St. Hildegard of Bingen changed how she practices medicine.

UPCOMING EVENTS IN 2016

SELF-COMPASSION AND EMOTIONAL RESILIENCE with Dr. Kristin Neff

September 16
0900-1630

Location: Niakwa Country Club
For tuition and details:
Suzanne / 204-258-1053 / sdupuis@chcm-ccsm.ca

Join one of the world's leading teachers of self-compassion, and discover how responding in a kind, compassionate way whenever experiencing painful emotions can be an essential step toward living happier, more fulfilling lives. More information at chcm/compassion.

CULTIVATING LEADERSHIP PRESENCE THROUGH MINDFULNESS with Janice Marturano & Dawn MacDonald

Oct 19-23

Location: Lakeview Resort, Hecla, Manitoba
For tuition and details:
Suzanne / 204-258-1053 / sdupuis@chcm-ccsm.ca

This 4-day residential retreat invites organizational leaders to explore mindfulness and meditation training as a way of cultivating focus, clarity, innovation and compassion. Learn more at chcm/compassion.

WHAT IS THE COMPASSION PROJECT?

Beginning in 2010, the Catholic Health Corporation searched the world to discover evidence-based programs known to foster conditions in which cultures of compassion may flourish within health and human service organizations. The result is the Compassion Project.

DISCOVER THE BENEFITS

The practices offered by the Compassion Project assist individuals in finding peace of mind and a feeling of well-being in everyday life. Benefits include:

- Developing your ability to be fully present
- Improving your ability to cope with stress
- Enhancing your sense of compassion, for others and yourself
- Thinking more clearly and improving your ability to concentrate



WHO SHOULD REGISTER?

All staff, board members, physicians, leaders, students and volunteers of CHCM and its Communities of Service are invited to attend. Space permitting, our programs are also open to the broader community.

TUITION

A sliding scale fee ensures our programs are fully accessible to those who wish to journey with us.

We invite you to consider paying at the level you can afford. Please keep in mind:

- Fees for similar programs can be upwards of \$500 or more
- Suggested minimum of \$50 for individuals associated with CHCM (unless otherwise specified)
- Suggested minimum of \$100 for members of the broader community (unless otherwise specified)
- Full scholarships are available should payment be a barrier. Please contact us to find out more.

WANT TO LEARN MORE?

For full course descriptions, visit chcm-ccsm.ca/compassion-project

For information or to design a tailor-made workshop/course for your team or staff, please contact:

Dawn MacDonald
204.235.3700
dmacdonald@chcm.ccsm.ca

Micheline St-Hilaire
204.258.1052
msthilaire@chcm.ccsm.ca



ABOUT CHCM

The Catholic Health Corporation of Manitoba (CHCM) is responsible for a family of organizations once led by four religious congregations. Referred to as Communities of Service, these organizations serve Manitobans across the continuum of health care and human services.

Our role is to ensure that the Communities of Service in our care continue to flourish, strengthen and enrich the delivery of health and human services in our province, and remain true to the values and identity that are at the heart of our shared mission.

The Compassion Project is one example of CHCM's commitment to continuing the Sisters' legacy of care and compassion in a contemporary way.

“Everything comes from love.”

ST. CATHERINE OF SIENA

COMMUNITIES OF SERVICE

Primary Care/Community Health/ Mental Health

Centre de renouveau Aulneau
Renewal Centre

Centre de santé Saint-Boniface

Centre Youville Centre

Sara Riel

Acute Care

St-Boniface Hospital

Ste. Rose Health Centre

Winnipegosis & District Health Centre

Long Term Care for the Elderly

Actionmarguerite

St. Joseph's Residence

Comprehensive Resource for Manitobans with developmental disabilities, and autism

St.Amant

Housing and Human Services

Abri Marguerite

Charités Despins Charities

Centre Flavie-Laurent Centre

Marymound

Foundations

Charités Dorais Charities

Fondation de l'Hôpital Saint-Boniface
Hospital Foundation

Fondation Prévost Foundation

Fondation St.Amant Foundation

Fondation Sara Riel Foundation

Friends of St.Joseph's Residence

JOIN US as we co-create
innovative ways to renew
our inner strength, our
sense of purpose and
overall well-being.

REGISTER TODAY!

