



## The Virtues Project



FOR FAITH COMMUNITIES

# MINISTERING TO OTHERS WHILE PRACTISING SELF CARE

*Join our supportive, hands-on 3 Week Seminar Series to learn strategies to:*

- **BE** deeply present and listen with compassionate curiosity
- **GUIDE** others to find clarity and create their own solutions
- **SUPPORT** healing & growth
- **CREATE** a climate of respect, co-operation and safety at home and in your faith community
- **INSPIRE** yourself and others to live authentic , purposeful, and reverent lives

**MONDAY EVENINGS**

**MARCH 31**

**APRIL 7**

**APRIL 14**

**7:00 PM - 9:30 PM**

### FEES

Adults: \$90 (\$30/week)

Youth: \$60 (\$20/week)

INCLUDES GST



### FACILITATOR:

Ros Macdonald, MSW

Certified Virtues Project Facilitator & Counsellor  
for Individuals, Couples and Families.

### For more information or to register contact:

Ros Macdonald: (613) 744-4768

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### WORKSHOP LOCATION

CentrepoinTE House  
380 CentrepoinTE Drive, Ottawa