

HEART-MIND WELL-BEING

Pre-Conference Workshop



Join us as we explore the Dalai Lama Center's **HEART-MIND WELL-BEING** framework and how to promote Heart-Mind well-being in children.

What is Heart-Mind well-being? Heart-Mind well-being refers to the balance between educating the mind and educating the heart. While there is a great focus in our society on academic achievement, a growing body of research shows the positive impacts of developing our hearts – the way we relate to one another – and that social/emotional development helps to improve academic success.

★ This 6 hour workshop is suitable for parents, family child care providers, early learning child care professionals working with children of any age including children with extra support needs; community support professionals and others who care for and teach children.

Course Date:

Friday Feb. 17, 2017

Time:

9:00 am - 4:00 pm
1 hour lunch break
(on your own).

Course Fee:

\$80

Location:

Dogwood Room
Sheraton Vancouver
Guildford Hotel
15269 104 Ave.,
Surrey, BC. V3R 1N5

For information and to register online

[Click Here](#)

Questions:

Contact Rosa ext. 221
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