

THRIVING

Wellness for rural practitioners & health care teams

Rural practitioners need access to wellness-related tools, education, and experiences that shift their well-being and that of the medical culture in which they work.

The Thriving Project aims to connect rural practitioners and teams with customized experiences and resources that create community, foster connection, and provide peer support and ways of thriving.

FOR MORE INFORMATION ON THRIVING:

CONTACT THRIVINGPROJECT@RCCBC.CA



Compassion Cultivation Training

This course, adapted specifically for health care professionals, will explore how compassion can be cultivated and strengthened to help you thrive personally and professionally. Explore compassion fatigue, moral injury, and how medical culture can block compassion for yourself and others, and learn how to regulate your sympathetic system.

Register now for the eight-week course, starting in September.

- Weekly two-hour class, with short didactic talks and class exercises
- Access to daily meditation practices that progress weekly
- Practical daily exercises that become long-term habits
- Weekly resources on research and practices



Instructor

Shireen Mansouri, MD CCFP(EM) FCFP, is a family physician and certified Compassion Cultivation Teacher. She is interested in exploring Compassion Cultivation as a potential antidote to empathic distress and burnout in health care.

Course Details

DATE: Wednesdays, Sept. 14 - Nov. 2

TIME: 7-9 PM PST

LOCATION: Online on Zoom

COST: \$250 (free for students and residents)

REGISTER: mansourishireen@gmail.com

WEBSITE: www.shireenmansouri.com