**Kindness Workshop –Sunday, May 20 from 3pm to 5pm** Free

Unitarian Universalist Church, 13th and Chambers in Eugene

**Purpose: Convene interested people to develop approaches to increase kindness in Lane County – on a personal and community level**

* **Welcome and the opportunity** - a recent increase in hate activities, a fear of violence and diminished role models for our children provides a critical opportunity to meet shared community distress with kindness. The workshop has two parts: Personal & Community.
* **Building connections:** Share with the person next to you why you came and what concerns or motivates you the most.

**PERSONAL KINDNESS**

* **Small Group work on Personal Mindful Kindness exercises** – Doug Carnine (meditation teacher and Author of *How Love Wins*) learn techniques for calming the mind and increasing kindness & happiness

**SPREADING KINDNESS IN OUR COMMUNITY**

**Spreading Kindness Groups**

* **Social media & website**– share kindness stories, activities, ideas (David Hazen)
* **Kindness signs**: for yards, businesses, bulletin boards
* **Kindness in the Workplace** (Bruce Abel and Steve Christiansen)
* **Kindness and Youth** (Helen Park)
* **Kindness into Action** - volunteer opportunities – e.g. Egan Warming Center, Free Sunday Breakfast (Michael Carrigan)
* **Kindness in Leadership** (Bingham Powell)
* **Mindful Kindness study group**– learn the *How Love Wins* method for controlling negative thinking and replacing it with peace and intentional kindness (Doug Carnine, *How Love Wins*)
* (more to come)

(break)

* **Break into Spreading Kindness groups** – Discuss possible activities and next steps
* **Report back from the groups**.
* **Wrap Up**

**To register (free) or for more information contact:** spreadingkindness7@gmail.com

**Workshop organized by community members and endorsed by:** Doug Carnine (Author *How Love Wins*), Bhavia Wagner (Friendship with Cambodia), Bruce Abel (former Director of Mental Health for Trillium), Steve Christiansen (behavioral health technology consultant), David Hazen (Emerald Compassion Action Network), Helen Park (Alternatives to Violence), Michael Carrigan (CALC), Dan Bryant (First Christian Church), Phyllis Hockley (Church Women United), Rev. Bingham Powell (St. Mary’s Episcopal Church)

(Affiliations are listed for identification and do not indicate organizational sponsorship) v3