



West Elgin
Community
Health Centre

www.wechc.on.ca/mindfulness

FORGIVENESS through MINDFULNESS

“The 12 Principles of Forgiveness”

... Jack Kornfield

Mindfulness Perspectives on What Forgiveness IS and IS NOT

GROUP DISCUSSION

- Can forgiveness help healing?
- If I forgive, am I condoning the injustice?
- How long will it take to forgive?
- What if I don't want to forgive?
- Can we stop wanting to punish those who hurt us?

SPECIAL NOTE: Please check our website or community calendar for more details.
Please do not attend wearing perfume or cologne.

Date: Wednesday, March 16, 2016

Time: 5:30 - 6:30 pm

Location: Dutton Municipal Office, 199 Currie Rd.,
DUTTON

Registration: Not required (please be seated by start time)

Facilitators: Robert Wojkowski and Clara Zelenak

