

Compassion
Say pure &
beautiful words

Caring

Kindness



Gratitude

Do pure &
beautiful deeds

Listening

Dharma-Centered Living 101

A Workshop Series
designed to empower
parents, grandparents,
& educators with tools
& strategies to share
life lessons
and skills based on
Shin Buddhist values.



Join us for an engaging and
hands-on workshop with
D. Trinidad Hunt

International trainer, author, public
speaker & contributor to 3 "*Chicken Soup
for the Soul*" books, granddaughter of
Rev. Dorothy Hunt, author of
"The Golden Chain of Love"

Session 1 - Saturday, June 1
9:30 am-12 noon

In-Person at **Kona Hongwanji**,
81-6630 Mamalahoa Hwy
OR **Via ZOOM** across the
state: **one site per district**

Learn how to:

- Nurture spiritual development through character building,
- Cultivate compassionate and resilient human beings, and
- Communicate your values through the mindful use of technology.

This session will include: Comfort Zone, Listening, Self-Awareness

**Bring Your
Cell Phones!**



**PLEASE REGISTER BY
SATURDAY, MAY 11**

REGISTRATION LINK:

https://forms.gle/ggxMW_QXWcKdj3zHE8

Please contact
Debbie Kubota
(dekub88@gmail.com) if any
questions arise.

Sponsored by the Commission on Buddhist Education