

**Kindness**

**Caring**

Do pure &  
beautiful deeds

Say pure &  
beautiful words

**Listening**

**Gratitude**

**Compassion**



# Dharma-Centered Living 101

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.



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*”

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

**Session 2- Saturday, August 3 -- 9:30 am-12:30 pm**

**In-Person on Oahu at Hawaii Betsuin (1727 Pali Hwy, Honolulu)**

**OR Via ZOOM across the state: one site per district**

**This session will include: Kindness and Caring**

**Bring Your Cell Phones!**



**PLEASE REGISTER BY SATURDAY, JULY 13**  
**REGISTRATION LINK:**  
<https://forms.gle/cnFBVHart3FCBS6z8>

Please contact **Debbie Kubota** ([dekub88@gmail.com](mailto:dekub88@gmail.com)) if any questions arise.



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