

November 14, 2017
Tuesday 6:30-8:30pm
722 Brooks St.
Ann Arbor, MI

Lifespan

DOULA ASSOCIATION

End-of-Life Doula Share Circle

Handling Difficult Emotions: The Science & Practice of Mindful Self-Compassion



For all prospective
and current
end-of-life doulas



\$10 suggested
donation

With Roxane Chan, PhD
Assistant Professor of Nursing, MSU

Please join us for our first End-of-Life Doula Share Circle! Featuring an informative and supportive discussion about improving resilience and sustaining joy and peace in caregiving at difficult times. We will discuss emotional fatigue and specific self-compassion skills.

6:30 Desert Meet & Greet

7:15 Presentation

7:45 Q&A with presenter

Dr. Chan is a board certified advanced holistic nurse and recently completed training in Mindful Self-Compassion through the University of California at San Diego. Caring for people at the end of life has been a focus throughout her nursing career.

734-395-9660

www.LifespanDoulas.com