

Easing Suffering with Self-Compassion

Becoming more available to others.

Wednesday, Nov. 18th at 7 pm

online on Zoom or FB Live with



Fresh "Lev" White

CEO of Affirmative Acts Consulting, Love and Compassion Activist. He offers mindfulness, coaching, mediation, and diversity trainings as tools for shifting towards more authentic, conscious, and passionate living to individuals, households, and professional teams.

<http://interfaithccc.org/RacialJusticeSeries/>

We will explore self-compassion practices as tools for allowing us to be sustainable and creative during these extraordinary times. He has written a chapter in "Real World Mindfulness for Beginners" (link below). [Registration for zoom or watching on facebook live.](#)

For more information, please contact the ICCCC Exec. Dir., Rev. Will McGarvey at interfaithcccc@gmail.com or 925-933-6030. Please go to our Interfaith Racial Justice Resources page at <http://interfaithccc.org/Racial-Justice/> to learn more about the many resources available for everyone to be able to do their own anti-racism work. There you will find many free, online or books and movies to pay to read or watch resources. <https://www.penguinrandomhouse.com/books/608719/transcending-by-kevin-manders-and-elizabeth-marston/9781623174156/>

