

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](https://forms.gle/ggxMW_QXWcKdj3zHE8)

Please contact  
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questions arise.

Sponsored by the Commission on Buddhist Education