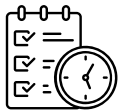


COMPASSION WEEK

December 2-6, 2024

Join us for a week of care, reflection, and practice. Compassion Week offers daily activities and resources to enhance self-compassion and compassion in the workplace.

What to expect:



Daily themed activities focusing on compassion.



Valuable tools for self-care and team-building.



Practical resources to practice compassion in challenging situations.



Scan the QR code to download the *Compassion Toolkit* and discover more about *Compassion Week!*