

# Awe & Gratitude for Healing, Renewal & Social Action

Learn how awe and gratitude can be utilized to facilitate healing, renewal, and transformation toward positive personal and social action in this online, one-day training.

We will examine the science behind how multifaceted layers of awe and gratitude can help make us more resilient to stress, depression, and anxiety, help us resolve conflict more positively and quickly, strengthen the nervous system, and change our primary relationships for the better.

## Date

Sunday, February 13, 2022

## Time

9:00 am to 3:30 pm Pacific Time

## Fee

\$69

Financial assistance available

## Location

Online via Zoom

## Instructors

Bonnie Harnden, MA, RDT

With graduate student assistance from:

Julia Griffiths

Aprajita Saxena

Mariah Blaine-Longo

Emilie Cormier

Laurence Gagnon

Irina Polak Veronneau

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## Register

<https://bit.ly/aweandgratitude>

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