



# HEART-MIND 2013

**HOW MINDFULNESS HELPS CHILDREN THRIVE**

**Thursday May 9th to Saturday May 11th**

**Presented by the Dalai Lama Center for Peace and Education  
at the University of British Columbia Point Grey Campus | Vancouver, BC**





# HEART-MIND 2013

## HOW MINDFULNESS HELPS CHILDREN THRIVE

[REGISTER online at dalailamacenter.org](http://dalailamacenter.org)



For the latest schedule  
and other information  
visit [dalailamacenter.org](http://dalailamacenter.org)



[View 2-min video at educatingtheheart.org](http://educatingtheheart.org)

### WHO

Heart-Mind 2013 brings together leaders in contemplative practice and the science of child development, with parents, grandparents, educators, coaches, health and wellness practitioners and policy makers – all those who care for and about children.

### WHAT

- **Presentations** – from leading scientists, practitioners and thought-leaders.
- **Evidence** – findings from the latest research, studies and classroom programs.
- **Activities** – to engage and provide you with first-hand experience.
- **Conversations** – providing valuable insights and answering key questions.
- **Examples** – innovative and powerful demonstrations of mindfulness in action and workshops to deepen understanding and develop skills related to mindfulness.

### WHEN

**Presented by the Dalai Lama Center for Peace and Education**

Thursday May 9<sup>th</sup> through Saturday May 11<sup>th</sup>.

### WHERE

[Old Auditorium](#), Point Grey Campus, University of British Columbia in Vancouver, BC.

### WHY

Around the world there is a groundswell recognizing the importance of Heart-Mind Well-Being for children. Teachers and parents, and many community organizations, are increasingly integrating mindfulness into their activities with children, and realizing significant positive results.

British Columbia is emerging as a leader in furthering the science, developing evidence-based practice and delivering the programs needed to achieve this goal.

**Mindfulness** is a critical component of Heart-Mind Well-Being, a pathway to developing altruism, compassion, inner and outer peacefulness, confidence and other positive human qualities that will lead to a vibrant culture of caring communities nurturing compassionate, thriving, socially-responsible children who rise to the challenges and opportunities of the 21st Century.



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive



## CONFERENCE SCHEDULE

Thursday, May 9th

**5:30 PM Lobby Opens for Registration Check-in**

The lobby and check-in desk in the [Old Auditorium](#) open at 5:30 PM and doors to the seating area open at 6:15 PM. Please bring a copy of your registration confirmation to the conference and arrive early to check-in, receive your name badge and locate the best seat.

**7:00 PM Conference Sessions Begin**

[Old Auditorium](#), UBC Point Grey Campus, 6344 Memorial Rd, Vancouver, BC

### DR. CLIFFORD SARON



#### Common Sense Contemplation

Clifford Saron, Ph.D., is known internationally for his research on the effect of meditation on attention, emotional regulation, brain function and physical health. In the 1990s, he pioneered the study of Tibetan Buddhist monks' meditation. His research inspires us to seize the rich opportunities present in everyday moments to enhance well-being and understand and deepen our relationships.

Dr. Saron, Associate Research Scientist at the University of California Davis Center for Mind and Brain, and Principal Investigator of *Shamatha Project*, the most comprehensive study to date investigating the effects of long-term intensive meditation practice on physiological and psychological processes central to well-being, attention, emotion regulation and health.



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

Friday, May 10th

8:30 AM **Welcome**

[Old Auditorium](#), UBC Point Grey Campus, 6344 Memorial Rd, Vancouver, BC

Coffee service begins at 7:45 AM in the lobby of the Old Auditorium. Please arrive early to enjoy this service in the lobby – **no food or beverage allowed in auditorium seating areas**. The program on Friday includes featured presentations, moderated dialogues and panels, mindfulness activities, networking breaks, lunch and a few surprises.

## GOLDIE HAWN



### How Mindfulness Helps Children Thrive

Goldie Hawn is well known as an Academy Award winning actress, producer, director, best-selling author and children's advocate. She is also the founder of The Hawn Foundation, the organization that developed MindUP™, a family of social, emotional, and attentional self-regulatory strategies and skills developed for cultivating well-being and emotional balance.

Goldie Hawn will talk about the power of mindfulness to help children manage stress and negative emotions, and become resilient.

## GOLDIE HAWN AND DR. KIMBERLY SCHONERT-REICHL



### Mindfulness as a Pathway to Social and Emotional Development

A conversation with Goldie Hawn and Kimberly Schonert-Reichl, moderated by Maria LeRose, about mindfulness as a pathway to social and emotional development.

Kimberly Schonert-Reichl, Ph. D., is an Applied Developmental Psychologist and Professor at the University of British Columbia. For more than 20 years, Dr. Schonert-Reichl has been conducting research in the area of child and adolescent social-emotional development, with an emphasis on understanding how children develop positive human qualities such as compassion, altruism, and resilience.

Dr. Schonert-Reichl will present findings from several recent experimental studies including an evaluation of the effectiveness of the MindUP program on children's executive functions, social-emotional and psychological well-being, and school achievement.

***Mindfulness is focused awareness of the present moment  
without judgment ... thoughts are just thoughts.***





# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

Friday, May 10<sup>th</sup> continued ...

### 10:00 AM Mindfulness Activity

Experience firsthand an evidence-based practice that you can apply.

### 10:30 AM PAUL TOUGH



#### How Children Succeed

Best-selling author Paul Tough peels back the mysteries of character and traces the links between early childhood neurological development and environment. By showing how “nature” and “nurture” are intertwined, Tough explores how childhood stresses modify life success and the surprising ways that parents do – and do *not* – prepare their children for adulthood.

Tough helps us understand how early adversity affects childhood emotional, social, and cognitive development in ways that will carry on throughout their entire lives, and what we can do about it.

Paul Tough is best-selling author of *How Children Succeed* and a writer for the New York Times Magazine. Tough challenges our culture's belief that intelligence, measured by test scores, is the sole indicator of value in our education system.

He argues that the qualities that matter most have more to do with character: skills like perseverance, curiosity, conscientiousness, optimism and self-control.

Paul Tough's presentation will be followed by a dialogue with Maria LeRose.

### 11:45 AM LUNCH and Networking Break

A gourmet boxed lunch and beverage is included in the 3-day registration package.

**Please do not take food or beverage into the auditorium seating area.**

#### Book Sales in the Lobby

Purchase titles from featured presenters and other thought-leaders.

Sales will be conducted in the lobby of the Old Auditorium on Friday, May 10<sup>th</sup>.

### 12:45 PM Mindfulness Activity

Experience another evidence-based practice that you can apply.

***“You can't stop the waves, but you can learn to surf.”***

***Jon Kabat-Zinn***

***Founder, Mindfulness-Based Stress Reduction, scientist and author***



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

Friday, May 10<sup>th</sup> continued ...

### 1:00 PM DR. ADELE DIAMOND



#### Cultivating the Mind

**A Scientist's Perspective:** Adele Diamond, Ph.D., discusses ways to improve self-regulation, creativity and problem-solving. Dr. Diamond's work focuses on the area of the brain known as the pre-frontal cortex. She integrates developmental, cognitive neuroscience and molecular genetics to look at how stress affects brain development, and how contemplative practices affect executive functions and cognitive control.

Dr. Diamond is the Canada Research Chair Professor of Developmental Cognitive Neuroscience in the Department of Psychiatry at the University of British Columbia.

### 1:30 PM DR. ROBERT ROESER



#### Mindfulness Training

**A Scientist's Perspective:** Robert Roeser, Ph.D., focuses his research on schools as primary cultural contexts of adolescent development – how experiences in schools, with teachers and peers, affect adolescents' identity development, social-emotional well being, motivation to learn, and educational life paths. He examines how practices like yoga and mindfulness meditation can be integrated into teacher professional development and secondary school settings. The results are a reduction in stress, enhanced well-being and self-regulatory capacity, and greater compassion among teachers and adolescents.

Dr. Roeser is a Professor of Human Development and Psychology at Portland State University in Portland, Oregon.

### 2:00 PM DR. ADELE DIAMOND AND DR. ROBERT ROESER

#### What does the research tell us – and *not* tell us – about mindfulness?

A conversation with Drs. Adele Diamond and Robert Roeser, moderated by Maria LeRose.

### 2:30 PM Networking Break

With beverage service provided in the lobby.

***"When children get a social and emotional learning curriculum, they improve their ability to self-regulate, to have more control ... they reduce aggressive behavior and suffer less depression."***

***Mark Greenberg, SEL researcher***



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

Friday, May 10<sup>th</sup> continued ...

### 3:00 PM **LINDA LANTIERI**



#### **Nurturing the Inner Lives of Children and Adults**

Linda Lantieri, MA, is an expert on Social and Emotional Learning, and one of the founding board members of the Collaborative for Academic, Social and Emotional Learning (CASEL). Currently she serves as the Director of The Inner Resilience Program whose mission is to cultivate the inner lives of students, teachers and schools by integrating social and emotional learning with contemplative practice.

Working with principles derived from brain research, Linda explores how adults can help children manage the pressures they face. With some form of regular contemplative practice, social and emotional capacity is strengthened. These practices help children to manage emotions, show more compassion and further develop their ability to be still. In this presentation, Linda:

- Identifies the many pathways that support the creation of educational environments that cultivate the inner lives of adults and children
- Explores self-care tools and reflective approaches for caring for ourselves and for our children
- Examines how educational settings can successfully integrate social and emotional learning and contemplative practice

### 3:45 PM **Mindfulness Activity**

Experience more evidence-based practices that you can apply.

### 4:00 PM **ROY HENRY VICKERS**



#### **Life Lessons in Mindfulness**

Roy Henry Vickers is a celebrated Canadian artist, storyteller and recognized leader in the First Nations community. His storytelling provides an elevating experience that transcends cultural boundaries and brings a sense of peace and wonder to all those who are fortunate enough to enjoy his many tales of life. Roy shares inspirational stories that provide a glimpse into the life lessons that he has learned and that his ancestors have passed on to him.

### 5:00 PM **End of Friday sessions**

***"Before our final goodbye is said, we must show  
some right sort of guide to the next generation."***

***His Holiness the 14<sup>th</sup> Dalai Lama***



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

Saturday, May 11<sup>th</sup>

### 8:30 AM Plenary session begins

[Old Auditorium](#), UBC Point Grey Campus, 6344 Memorial Rd

Coffee service begins at 7:45 AM in the lobby of the Old Auditorium. Please arrive early to enjoy this service in the lobby – no food or beverage allowed in auditorium seating areas.

## SHAWN ACHOR



### The Happiness Advantage

Shawn Achor is the author of “The Happiness Advantage” and an expert on human potential. He is also the founder of Good Think Inc., a firm that researches “positive outliers” to understand where human potential, success and happiness intersect.

Over the past three years, Shawn has researched and lectured in 45 different countries about happiness and potential. He graduated magna cum laude from Harvard and earned a Masters from Harvard Divinity School in Christian and Buddhist ethics.

He blogs regularly for *The Harvard Business Review*.

*“If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion.”*

*His Holiness the 14<sup>th</sup> Dalai Lama*



### **Note regarding sessions on Saturday May 11<sup>th</sup>**

The 8:30 AM plenary session is **open to all 3-day package registrants** (including those who selected the 3-day registration *with workshop option*). This plenary session is *not* open to single-day workshop-only registrants.

Following this plenary session, registrants will proceed according to the option they selected during registration: the **3-day package with Small Group Sessions**, or the **3-day package with Workshop Option**.





# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

Saturday, May 11<sup>th</sup> continued ...

### For 3-DAY PACKAGE REGISTRANTS with SMALL GROUP OPTION

#### 10:00 AM **BIG CONVERSATIONS IN SMALL GROUPS**

[Buchanan](#) "D" Building, UBC Point Grey Campus, 1866 Main Mall

Connect 'up close' with conference presenters to explore ways that you can move mindfulness from ideas to action. Pre-registered for two 45-minute facilitated sessions.

*Due to the popularity of these sessions and the limited seats, registrants may not be able change their sessions once confirmed.*

#### 12:00 PM **PUTTING MINDFULNESS INTO ACTION**

##### **Closing Plenary: A Distinguished Panel of Thought-Leaders**

[Buchanan](#) "A" Building, UBC Point Grey Campus, 1866 Main Mall

##### **For 3-DAY REGISTRANTS with SMALL GROUP OPTION (not WORKSHOP OPTION)**

Moving forward, how will you integrate mindfulness in your daily life, work and play? How will mindfulness help the children you care for and about to thrive?

A distinguished panel – Adele Diamond, Clifford Saron, Kimberly Schonert-Reichl, Linda Lantieri, Rob Roeser, Roy Henry Vickers, Shawn Achor, Michelle Gielan and Victor Chan – will share their closing thoughts and suggest ways that we can help children, and ourselves, to thrive through mindfulness. Moderated by Maria LeRose.

#### 1:00 PM **End of Heart-Mind 2013 Conference**

--- OR ---

### For 3-DAY PACKAGE REGISTRANTS with WORKSHOP OPTION

#### 10:00 AM **WORKSHOPS BEGIN**

[Buchanan](#) "B" or "D" Building, UBC Point Grey Campus, 1866 Main Mall

For registrants who selected the **3-day package with workshop option**. Due to the popularity of the workshops and the limited seats available, Workshop registrants may not be able to *change* their workshop assignment once confirmed, and Small Group registrants may *not* be able to *switch to* the workshop option.

#### 12:00 PM **Lunch**

A gourmet boxed lunch and beverage is included in the workshop registration.

#### 2 – 4 PM **Workshops End**

End times vary but most workshops conclude between 2 and 4 PM. For registrants with the workshop option, the Heart-Mind 2013 Conference ends when your workshop ends.



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

### WORKSHOPS

[Buchanan](#) "B" or "D" Building, UBC Point Grey Campus, 1866 Main Mall



#### Helping Anxious Children

##### A Workshop for Parents, Caregivers and Families

As parents and primary caregivers you will better recognize the signs and developmental themes of anxiety in children. Approaches to supporting anxious children will be explored through an attachment theory lens, through Cognitive-Behavioural Theory (CBT), which is used in the FRIENDS for Life program, and through Mindfulness-based approaches, such as those used in the MindUP.

Led by **Stephenie Gold, M.A., R.C.C.** Stephenie Gold received her Masters (M.A.) in Counselling Psychology from UBC, is a Registered Clinical Counsellor in private practice with a specialization in working with the families of anxious children and youth, a certified provincial trainer for the FRIENDS for Life program, and a consultant for AnxietyBC. She co-authored three educational videos on helping children with Separation Anxiety and Obsessive Compulsive Disorder, and for adults with Panic Disorder.



#### MARS-A One-Day Workshop for Adolescent Care Providers

##### Mindful Awareness and Resilience Skills

MARS-A is an 8-week hospital-based outpatient program for adolescents with depressive symptoms, with or without co-occurring chronic illness or chronic pain. The workshop follows a format inspired by the Day of Mindfulness in the MARS-A program. Participants will experience a series of formal and informal mindfulness practices as offered to the adolescents in MARS-A. The workshop briefly reviews the background and science behind MARS-A, discuss special issues in working with youth, and demonstrate the teaching content used in MARS-A around stress, depression and pain.

Led by **Dzung X. Vo, MD, FAAP**, Assistant Clinical Professor, Adolescent Health and Medicine, and Director, Adolescent Medicine Fellowship Program, and **Dr. Jake J. Locke**, Associate Clinical Professor. Drs. Vo and Locke are with BC Children's Hospital and the University of British Columbia.



#### Fun FRIENDS Teacher Training

##### Evidence-based SEL Program

An evidence-based, anxiety-prevention, resiliency, and social and emotional learning program designed to be delivered by teachers in the classroom. Fun FRIENDS, the 'early years' version of FRIENDS program, teaches children about bravery, trying new things, how to relax, how to be kind and empathetic, how to make friends, how to recognize positive helpful thoughts, and much more.

Led by **Jonaire Bowyer-Smyth**, a behaviour specialist in the Surrey School District. She also has a private practice as a family therapist and is a principal trainer for the FRIENDS for Life program.



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

### WORKSHOPS

[Buchanan](#) "B" or "D" Building, UBC Point Grey Campus, 1866 Main Mall



#### CARE for Teachers

##### Cultivating Awareness and Resilience in Education

This workshop looks at how mindfulness can support resilience in teachers and improve the classroom climate. This workshop presents skills that help teachers cultivate calmness, awareness, presence, compassion, empathy and the ability to listen. In the classroom these qualities improve the teacher's classroom management, curricular implementation and relationships with their students. Drawing on current findings in the field of neuroscience, it introduces teachers to mindful awareness practices, beginning with short periods of silent reflection, and extending to role-playing and other exercise that bring mindful awareness to the challenges teachers often encounter.

Led by **Christa Turksma, DRS**, a child-clinical psychologist and co-developer of the CARE for Teachers program. Prior to becoming a psychologist, she was a Kindergarten teacher and principal. Christa work has included the Fast Track Project in Seattle. She began providing training in the PATHS program (Promoting Alternative Thinking Strategies) in 1988, and has trained thousands of teachers around the world.



#### MindUP Workshop

##### Presented by the Hawn Foundation and the Vancouver School Board

The research-based MindUP program offers engaging and easy-to-implement lessons to help pre-K to Grade 8 students develop essential social and emotional skills, such as self-awareness and self-regulation that they need to be more engaged in learning. Participants:

- Get to know the program concepts and 15 lesson plans;
- Participate in several lesson activities;
- Learn strategies for implementing MindUP in classrooms;
- Explore ways of introducing MindUP into lesson plans.

Led by **Molly Stewart Lawlor**, the primary author of the MindUP program, currently completing doctoral studies in Human Learning, Development and Culture at UBC. And, led by **Andy Powell-Williams**, And, led by Andy Powell-Williams, an educational and organizational consultant who has been involved with mindfulness education since 2005. As a Vancouver School District principal she supported teachers' implementation of the original program that later became MindUP. Andy has a Masters of Education in Counselling Psychology and a Master of Arts in Applied Behavioral Science.



#### A Taste of SMART in Education

##### Stress Management And Relaxation Techniques for Educators

This workshop presents an overview of the 8-week Stress Management And Relaxation Techniques (SMART) renewal program designed for K-12 educators and administrators, and includes experiential practices in emotional awareness, meditation, and movement exercises. There are a mixture of dyads, small- group and large-group discussions, as well as guided meditations and didactic presentations on emotion theory. Exercises are presented on how to apply these practices, specifically to the classroom.

Led by **Margaret Cullen**, a Licensed Marriage and Family Therapist and a Certified Mindfulness-Based Stress Reduction (MBSR) Teacher. In 2007, she created the program for educators called "Stress Management and Relaxation Training" (SMART) which is also known as "Mindfulness-Based Emotional Balance" (MBEB).



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

### HEART-MIND 2013 SPEAKERS AND PRESENTERS



**Shawn Achor**, author of "The Happiness Advantage", is one the world's leading experts on human potential. Shawn spent over a decade at Harvard University where he won more than a dozen distinguished teaching awards before founding Good Think Inc. to share this research with companies and schools. He blogs regularly for *The Harvard Business Review*.



**Victor Chan** has known the Dalai Lama for over 40 years, and in 2005, they co-founded the Dalai Lama Center for Peace and Education. The Dalai Lama and Victor Chan co-authored "The Wisdom of Compassion: Stories of Remarkable Encounters and Timeless Insights" (Riverhead, January 2013). Their previous work, "The Wisdom of Forgiveness: Intimate Conversations and Travels" (Riverhead, 2004), was shortlisted for the Nautilus Prize and translated into 14 languages.



**Adele Diamond, Ph.D.**, neuroscientist, psychologist and educational innovator, is one of the world's leading researchers in developmental science. Dr. Diamond studies how executive functions can be modified by the environment, modulated by genetics and neurochemistry, become derailed in certain disorders, and can be improved by effective programs and interventions. Her work has helped change medical practice for the treatment of PKU and for inattentive ADHD.



**Goldie Hawn** is an Academy Award winning actress, producer, director, best-selling author and children's advocate. She is the founder of The Hawn Foundation, a public charity with a mission to equip children with the social and emotional skills they need to lead smarter, healthier, and happier lives. Goldie began The Hawn Foundation to apply cutting edge scientific research to create education programs that support the social and emotional development of children.



**Linda Lantieri, MA**, is an internationally renowned expert on Social and Emotional Learning, and one of the founding board members of the Collaborative for Academic, Social and Emotional Learning (CASEL). Currently she serves as the Director of The Inner Resilience Program whose mission is to cultivate the inner lives of students, teachers and schools by integrating social and emotional learning with contemplative practice.

# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

### HEART-MIND 2013 SPEAKERS AND PRESENTERS



**Kimberly Schonert-Reichl**, Ph.D., author, award-winning teacher, researcher and professor at the University of British Columbia, is an expert in the science and practice of ways in which schools, families and communities can promote children's positive human qualities including empathy, compassion and kindness. Dr. Schonert-Reichl has served as a National Institute of Mental Health Postdoctoral Fellow in the Clinical Research Training Program in Adolescence at the University of Chicago and Northwestern University Medical School, Department of Psychiatry.



**Robert Roeser**, Ph.D., is a prominent American psychologist who focuses on issues of human development and education – specifically, ways in which organizational features of schools, classroom teaching practices, and qualities of teachers affect the social, emotional and identity development of adolescents and emerging adults. Dr. Roeser is Professor of Human Development and Psychology at Portland State University. He has conducted studies of adolescent development around the world, and studied the introduction of contemplative practices such as mindfulness in schools and universities for purposes of stress reduction and the enhancement of positive development.



**Clifford Saron**, Ph.D., has gained worldwide attention for his research on the effect of meditation on attention, emotion regulation, brain function and physical health. In the 1990's, he pioneered the study of Tibetan Buddhist monks' meditation. At the Center for Mind and Brain, Dr. Saron's work centers on attention and emotion regulation through contemplative practice, and sensory processing and communication in children with autism spectrum disorders. His research inspires us to seize the rich opportunities present in everyday moments to enhance well-being, and to understand and deepen our relationships.



**Paul Tough**, a contributing writer to *The New York Times Magazine*, challenges our culture's belief that intelligence, endlessly measured by test scores, is the sole indicator of value in our education system. It's not. In the best-selling "How Children Succeed", he ushers in a tidal change in thinking and argues that non-cognitive skills – like curiosity, conscientiousness, optimism, self-control and grit – are better indicators of success.



**Roy Henry Vickers** is a legendary Canadian artist, carver, recognized First Nations leader and author. Storytelling with Roy Henry Vickers however, is an elevating experience that transcends all cultural boundaries and brings a sense of peace and wonder to all who are fortunate to enjoy his many tales of life.





# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

### About Maria LeRose, Producer of the Heart-Mind 2013 Conference



Maria LeRose is an award-winning television producer and interviewer, and an Adjunct Professor in the Faculty of Medicine at the University of British Columbia. She received her Masters of Education from the University of British Columbia in the Department of Education and Counseling Psychology – with an emphasis on social and emotional development. Before embarking on a career in journalism, Maria coordinated the first Child Abuse Prevention Program in BC, and worked in a variety of Social Service jobs including Youth and Child Care Worker, and Mental Health Worker. She has moderated panels featuring the Dalai Lama, Mikhail Gorbachev, Sir Ken Robinson and other luminaries. Maria LeRose is a senior program consultant with the Dalai Lama Center for Peace and Education.

### About the Dalai Lama Center for Peace and Education

The Dalai Lama Center for Peace and Education (DLC) is a Vancouver-based secular and charitable organization co-founded in 2005 by the Dalai Lama, in his words, to "Educate the Hearts" of children.

In June 2012, the DLC launched a bold new vision: A vibrant culture of peace and dialogue where caring communities nurture compassionate, thriving, socially-responsible children who rise to the challenges and opportunities of the 21st Century.

To achieve this vision the DLC is focusing on programs that EDUCATE, CONVENE, ADVISE and apply RESEARCH – working with leaders in education, science, government, business and philanthropy who understand the value of advancing heart-mind well-being. Through local, regional, national and international connections, the DLC shares evidence-based practice and encourages collaboration. In short, it's a strategy of supporting, encouraging and leading a rising tide of awareness and action toward educating the hearts of children.

Dalai Lama Center for Peace and Education  
PO Box 3662 Stn Terminal, Vancouver, BC V6B 3Y8  
T: 604 215 2352 [heart-mind@dalailamacenter.org](mailto:heart-mind@dalailamacenter.org)

*The information presented in this document is subject to change without notice – the actual times, order and content of the presentations and other Heart-Mind 2013 Conference components may not match the above schedule. The Dalai Lama Center will strive to keep the most current schedule available at [dalailamacenter.org](http://dalailamacenter.org) and the latest additional information on the [FAQs page](#).*

*Vegetarian and gluten-free options will be available on a first-come first-serve basis when the gourmet boxed lunches are offered. Unfortunately, we may not be able to accommodate other dietary preferences. Please email [heart-mind@dalailamacenter.org](mailto:heart-mind@dalailamacenter.org) if you have questions. No food, coffee or other beverages are allowed in theatre.*



[dalailamacenter.org](http://dalailamacenter.org)



# Heart-Mind 2013 Conference

## How Mindfulness Helps Children Thrive

**Directions by car to [Old Auditorium](#)** at 6344 Memorial Rd, Vancouver, BC V6T1Z2

Proceed WEST on 4<sup>th</sup> Ave which becomes Chancellor Blvd, then West Marine Drive.  
Continue past Green College, past the Chan Centre and past the Museum of Anthropology.

Turn LEFT onto West Mall. Continue past the 3-way intersection.

Turn RIGHT at the 4-way intersection, onto Memorial Drive.

The FRASER RIVER PARKADE is a short distance ahead on your LEFT.

After parking, exit the building (same side as where you entered by car), turn RIGHT and follow the sidewalk along Memorial Drive. Cross the street at the intersection, continue in the same direction past the reserved parking lot, and past the Old Auditorium (it will be on your right).

Turn RIGHT just after passing the Old Auditorium. The main entrance is off of the narrow walkway between the Old Administration Building (on your left) and the Old Auditorium (on your right).

For public transit, UBC way-finding, other information: [conference FAQs page at dalailamacenter.org](http://dalailamacenter.org/conferenceFAQs)





# THANK YOU TO OUR VOLUNTEERS, PARTNERS AND SPONSORS

The Dalai Lama Center is fortunate to be involved in key relationships with some incredible people and organizations, and to be supported by generous donations - these contributions have made the Heart-Mind 2013 Conference possible. We sincerely thank you.



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

## Faculty of Education



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