

Return to Center: Compassion Practice for the Helping Professions



with Larry Yang, LCSW and Larry Stephen Pickard, Ed.D.

Saturday, Sept 26
9:30 am to 4:30 pm

East Bay Meditation Center
2147 Broadway at 22nd St
in downtown Oakland

This daylong is offered to health and social service practitioners who are engaged in professional practices of serving those who are in pain and suffering. The retreat is opportunity to explore the reasons we enter a practice of service and find the path which provides renewal and sustainability. Participants will share their own “Stories of Compassion” and cultivate of a practice of Compassion that sustains their daily work and intentions. The retreat will bring together social workers, counselors, therapists, nurses, psychologists, and others who work in programs of protective services, health care, hospice, and mental health for adults , children, and families. Larry Yang and Stephen Pickard are professionally trained social workers that have 49 combined years of compassion practice within the helping professions.

Cost: The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings by contributing voluntary donations (the practice of “Dana”) to the Center and the teacher(s). Please bring your own lunch.

Pre-registration is required: E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name & specify “Sept 26th Compassion daylong”



Larry Yang teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Myanmar and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. He is one of the core teachers and leaders of the East Bay Meditation Center. His webpage is at: www.larryyang.org



Dr. L. Stephen Pickard is an instructor for Pacific Union College and the UC Davis, Center for Human Services. Along with 37 years in public health and social service agencies in the fields of aging and child welfare, he has also over 20 years of college and university teaching experience. He most recently served as the Supervisor of the Financial Abuse Unit, City of San Francisco, Adult Protective Services. He currently teaches and lectures concerning elder abuse, compassion, and related social service issues. He is the founder of the Compassion Institute for Professional Studies.

EBMC is wheelchair accessible.

Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the event

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