

Just what we all need right now.

# MINI COMPASSION LABS 2022

## with Mary Freer

Mini Compassion Labs provide a safe place for you to spend time in mindful contemplation, turning your attention to inner experience, whilst learning more about how your body and mind work to influence each other.

Mary will lead you through 3 Labs, for 1 hour over three weeks. Each Lab will be repeated.

The Labs are available to all NSW Health staff.

### Lab # One

Deepening Our Care For One Another

### Lab # Two

Self Compassion

### Lab # Three

Practicing Gratitude

All Labs on zoom.

Check the Schedule to choose the sessions that work for you

### LAB #1

Deepening Our Care for One Another

Wednesday, February 23  
2:00 – 3:00pm

Join Zoom Meeting  
<https://zoom.us/j/94063018003>  
Meeting ID: 940 6301 8003

Eventbrite: <https://www.eventbrite.com.au/e/mini-compassion-lab-1-deepening-our-care-for-one-another-tickets-249941380397>

OR

Thursday, February 24  
11:00 – 12:00pm

Join Zoom Meeting  
<https://zoom.us/j/94706980182>  
Meeting ID: 947 0698 0182

Eventbrite: <https://www.eventbrite.com.au/e/mini-compassion-lab-1-deepening-our-care-for-one-another-tickets-249945813657>

### LAB #2

Self Compassion

Wednesday, 2 March  
2:00 – 3:00pm

Join Zoom Meeting  
<https://zoom.us/j/96146929681>  
Meeting ID: 961 4692 9681

Eventbrite: <https://www.eventbrite.com.au/e/mini-compassion-lab-2-self-compassion-tickets-249947017257>  
OR

Thursday, 3 March  
11:00 – 12:00pm

Join Zoom Meeting  
<https://zoom.us/j/99623837033>  
Meeting ID: 996 2383 7033

Eventbrite: <https://www.eventbrite.com.au/e/mini-compassion-lab-2-self-compassion-tickets-249948060377>

### LAB #3

Practicing Gratitude

Wednesday, 9 March  
2:00 – 3:00pm

Join Zoom Meeting  
<https://zoom.us/j/99939995094>  
Meeting ID: 999 3999 5094

Eventbrite: <https://www.eventbrite.com.au/e/mini-compassion-lab-3-practicing-gratitude-tickets-249949103497>

OR

Thursday, 10 March  
11:00 – 12:00pm

Join Zoom Meeting  
<https://zoom.us/j/92165058158>  
Meeting ID: 921 6505 8158

Eventbrite: <https://www.eventbrite.com/e/249949574907>

To join Mary and the Mini Compassion Lab, please:

- Join the Zoom Link directly **OR**
- Register via the Eventbrite link

If you have any questions, please contact the Ministry of Health Experience Team at:  
[MOH-PatientExperience@health.nsw.gov.au](mailto:MOH-PatientExperience@health.nsw.gov.au).