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**A new opportunity for Compassionate Community Groups**  
**The chance to follow this online course, How to Become a Compassionate Citizen as a group.**

This *online course* ran for the first time in the Autumn of 2017. At that time, we had a few requests for people to follow it in groups but were not set up properly to make that happen. When the date was set for this run of the course, we consulted with a few experienced people in the compassionate community's world and asked their advice as to how we could offer this course so compassionate community groups could benefit.

**What does a compassionate community group get if they follow this course?**

- Each person in the group can access the course on their own device
- In addition, the group can meet together and follow the course using access from one person's registration
- There is a 60-page manual to download and print for each person in the group. It gives guidance on how to follow the course together as a group, and how to do homework assignments in between sessions.
- Every group will be invited to join a closed Facebook Group, where they can share information and receive extra resources.
- The online course is 6-weeks long, but a group can take all the time they need to go through the material—it will not go offline after 6 weeks.
- The group has on-going access to Maureen Cooper, the course designer, to discuss and share anything that comes up.

**What is the cost?**

- If more than 5 people are in the group, then the cost for each person is \$45.00.
- If there was a larger group—say 15, or 20, we could look at reducing the price further.

### Why take this course?

*This course* has been designed to support people in integrating compassion into all aspects of their lives as city dwellers. The methods introduced are backed up by scientific research and are a sustainable way of working with compassion. You are people working on the front line of helping to make compassion our first response to what life puts in our way. This course is offered as a resource that you could use both for yourself and the people you come in contact with. It is possible it could add to your group process and inspire everyone in the work they are doing.

#### **LEARN MORE ABOUT THE COURSE HERE.**

**If you are a group, please email both [olivia@charterforcompassion.org](mailto:olivia@charterforcompassion.org) and [maureen@awarenessinaction.org](mailto:maureen@awarenessinaction.org) for this special pricing opportunity.**

#### **Affirm the Charter for Compassion!**

Join our campaign to get one million new affirmations to the Charter for Compassion by November 12, 2019, commemorating the tenth year in which the Charter was launched! Read the Charter for Compassion. [Sign here.](#)

#### **The Charter for Compassion**

The Charter for Compassion runs on your generosity. We work hard to provide support to our compassionate communities and partners. Please **donate** and make it possible for us to keep doing what we do!



Check out all that the Charter for Compassion Education Institute has to offer! **All courses are listed here**

*With the Charter for Compassion at the heart of all we do, we invite all people to join us in making compassion the driving force as we work to alleviate the suffering of our fellow beings and help create a just economy and a peaceful global community. Our courses are authored by uniquely skilled contributors who share tools and strategies to cultivate self-compassion, compassion for others, and compassionate action. CEI is supported by tuition costs. As an arm of the Charter for Compassion, CEI contributes its net income to support the operations of the Charter.*

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