



MINDFUL KINDNESS PROGRAM

12 STEP CORRESPONDENCE COURSE

Learn how to build and use Mindful Kindness tools to increase happiness and well-being through positive enduring relationships with self and others at home, work, and in the community.

The Mindful Kindness Program will give you the ability to rethink situations that will ensure Kindness and well-being throughout the institution.

Become an **Active Mentor Leader** and Facilitate a group

Kindful Vow:

I intend to be Mindfully Kind to myself

I Intend to be Kind in all my relationships

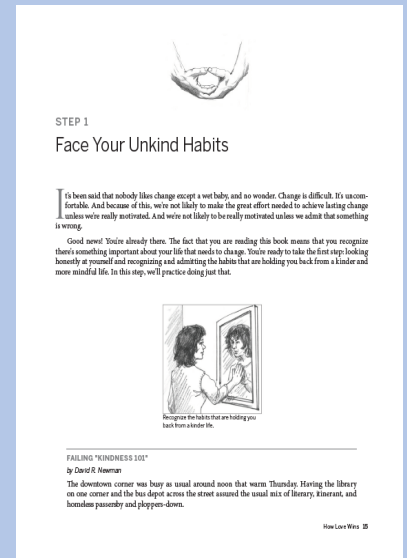
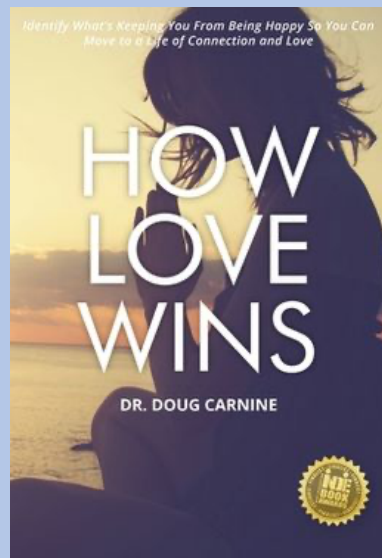
I intend to expand the reach of my Kindfulness

TO ENROLL:

Write to
Mindful Kindness Program:

MKP
PO Box 4760
Riverside, CA 92514

or
Call: (805)622-7747 or
(805)203-3159



You will be provided with the book *How Love Wins* along with the Workbook and Course Syllabus. The Workbook contains all the exercises to be completed and sent back to MKP

INVITE YOUR LOVED ONES TO VISIT US ON SOCIAL MEDIA



They may also take the course and earn a certificate!