**TORONTO CENTRE FOR APPLIED BUDDHISM**

Understanding and Transforming Anger with Mindfulness Course - online via Zoom

Instructor: Venerable Sister Thich nu Tinh Quang

8 Fridays; January 26 to March 15, 2024, 7:30 pm - 9:30 pm (Toronto time)

Description of Program:

In this course, students will learn Buddhist approaches to dealing with anger.

In addition, students will study in depth one of the following four books
- *Anger - Wisdom for Cooling the Flame by Thich Nhat Hanh*
*- Reconciliation - Healing the Inner Child by Thich Nhat Hanh*
*- Don’t Bite the Hook by Pema Chodron*
*- Destructive Emotions by Daniel Goleman*
under the guidance of the Venerable Thich nu Tinh Quang. They are expected to gain a deeper understanding of anger within the teachings of Buddhism and how they may apply the teachings to their own lives and help others to understand and transform their anger in counselling, family, work place or prison chaplaincy settings.

Registration fee is $50.

Please complete the application form on Page 2 by January 23, 2024 and email it to
registration@AppliedBuddhism.ca

**TORONTO CENTRE FOR APPLIED BUDDHISM**

The Buddhist Volunteer Grief Counselling Certificate Course

Conducted by the Venerable Sister Thich nu Tinh Quang

8 Fridays; January 26 to March 15, 2024, 7:30 pm - 9:30 pm (Toronto time)

**APPLICATION FORM**

Participant Information:

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please also complete the following:

1. Buddhist Sangha (Community) you are affiliated with: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Three Refuges taken in \_\_\_\_\_\_\_\_(year) with:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(name of teacher and Sangha)

3. If taken precepts, (what, when and where) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Are you volunteering or planning to volunteer with:

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5. Would you be interested in volunteering 2 - 4 hrs/week for the Toronto Centre for Applied Buddhism
- to offer Buddhist counselling on-line? ☐
- to offer Buddhist prison chaplaincy service as a study partner with an inmate? ☐

6. Please provide a reflection on your current counselling skill level, as well as your motivation to learn how to deal with anger.

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Participant Signature Date