

FOR IMMEDIATE RELEASE
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MEDIA ADVISORY

Free Public Compassion Workshops April 13-14

More than 50 Compassion in Action workshops will be held at Seattle Center on Sunday, April 13 and Monday, April 14. **These workshops are open to the public on a first-come, first-served basis.** Renowned presenters from across the country will provide strategies and inspiration to parents, caregivers, educators, and health professionals on how to inspire compassion in children, youth, and the community.

Workshop Highlights:

- **Loving Couples, Loving Children: A Community-based Program for Maintaining Intimacy between Parents**, presented by Julie Gottman Ph.D. and John Gottman, Ph.D.
Sunday, April 13, 10:00 – 11:30 am, Rainier Room, Seattle Center
- **Touchpoints' Role in Breaking the Cycle of Poverty**, presented by Dr. T. Berry Brazelton
Sunday, April 13, 2:00 – 3:30 pm, Rainier Room, Seattle Center
- **Conscious Fathering: Raising Kindheartedness in the Age of Over-parenting**, presented by Bernie Dorsey
Monday, April 14, 10:00 – 11:30 am, Lopez Room, Seattle Center
- **Raising Healthy Children: Building Strong Connections Between Children, Families, and Schools**, presented by J. David Hawkins, Ph.D., and Kevin P. Haggerty
Monday, April 14, 12:00 – 1:30 pm, Rainier Room, Seattle Center
- **Culture and Compassion**, presented by Jennifer James, Ph.D.
Monday, April 14, 4:00 – 5:30 pm, Bagley Wright Theatre

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About Seeds of Compassion

Seeds of Compassion is an initiative of the Kirlin Charitable Foundation. The purpose of the initiative is to nurture kindness and compassion in the world, starting with children and all those who touch their lives. Seeds of Compassion is partnering with early-childhood-development advocates and organizations, foundations, educators, scientists, business leaders and the greater community to highlight and promote the evidence-based programs, tools and strategies that greatly assist with the healthy development of children as happy, compassionate members of society. For more information and a list of events, visit www.seedsofcompassion.org.