

# ZEN HOSPICE PROJECT

Next Scheduled Volunteer Training: **Spring 2009**  
**Beginning Date: April 14, 2009**

*Encouraging the cultivation of wisdom & compassion through service.*

## TRAINING SCHEDULE

*Attendance at all sessions listed below is required.*

Wed.&Thurs.	April 15 & 16	5:45-10 pm
Sat. & Sun.	April 18 & 19	8:30am-7 pm
Sat. & Sun.	April 25 & 26	8:30am-7 pm
Tuesday	May 19, 2009	6:45-9:00 pm
Tuesday	June 16, 2009	6:45-9:00 pm
Tuesday	July 21, 2009	6:45-9:00 pm
Tuesday	Sept. 15, 2009	6:45-9:00 pm

The training begins a one-year program of service and is open to all appropriate applicants able to make a commitment to all of the dates listed above, as well as a five hour weekly shift *and* the monthly Tuesday evening community support meetings.

## EARLY APPLICATION RECOMMENDED

TRAINING FEE: \$200

Send no money until acceptance into the training is confirmed. No refunds after March 31, 2009.

Community Participant fee is \$500.

Please visit [www.zenhospice.org](http://www.zenhospice.org) for details.

Applications may be downloaded from [www.zenhospice.org](http://www.zenhospice.org) or obtained by calling Zen Hospice Project at **415-863-2910**

Interviews will be scheduled early February through March.

Provider approved for 30 contact hours by the California Board of Registered Nursing, Provider No. 8709 and by the California Board of Behavioral Sciences, Provider No. 4241.

Inspired by a 2,500 year old spiritual tradition, Zen Hospice Project offers a unique opportunity to explore our response to suffering and to learn to cultivate our compassion through service. The Project offers a fusion of spiritual insight and practical social action.

A nationally recognized innovative model of conscious care, this program brings together persons with a meditation or spiritual practice and individuals often facing the final weeks of life. It supports a mutually beneficial relationship between people who are cultivating a "listening mind" and people who need to be heard.

Volunteers provide practical, emotional and spiritual support to men and women with cancer, AIDS and other terminal illnesses. Each volunteer receives thorough training, is closely supervised and is supported by a community of like-minded individuals. No prior experience in health care is necessary.

***But a spiritual practice is essential.***

The program has its roots in Buddhist practice, however we support a multicultural community and therefore, we welcome all spiritual traditions both for patients and volunteers.

We are specifically seeking mature volunteers available for one of a variety of shifts during the week or on weekends. ***The weekly commitment for a year is vital to our program and the volunteer's Hospice***

*Zen Hospice Project is dedicated to bringing greater sensitivity to the care of people facing life-threatening illness. ZHP provides a spectrum of collaborative volunteer programs and trainings, which seek to cultivate wisdom and compassion through services to the needs of people with terminal illness and their families. Our volunteers serve over 100 patients annually at Laguna Honda Hospital in San Francisco.*