



Volunteer Hospice
OF CLALLAM COUNTY

SOUL CARE
SPEAKER SERIES

Boundaries: Caring for Yourself While Caring for Others

with Jonathan Prescott, BCCC BCPC

Wed. Nov. 12, 2025, noon – 1:30 PM PT

FREE – Register HERE on Zoom

Look forward to a transformative experience in this session with the founder of Wise Caregiving, an organization rooted in contemplative wisdom and dedicated to supporting caregivers, patients, and seekers alike.

Contemplative care leads with the heart and responds with expertise. It is grounded in the intention to serve, a commitment to explore the human condition, a willingness to be present with suffering, and a desire to understand the nature of life and death.

Today's session focuses on *boundaries* — not as barriers, but as bridges: tools to protect yourself while connecting more deeply with others. Through this lens, boundaries become an act of compassion, both for yourself and for those you care for. Expect to leave the session with a renewed perspective on human interactions — one that is both empowering and transformative.

Jonathan Prescott, BCCC BCPC is a Board Certified Clinical Chaplain and Pastoral Counselor. As a long time ordained student of Zen Master Thich Nhat Hanh, Jonathan's practice is to support people experiencing illness and end of life, foster effective caregiving and reconnect people with their innate wisdom and compassion. Jonathan has studied with Dharmacharya Eileen Kiera and Jack Duffy Roshi at The Mountain Lamp Community and with Frank Ostaseski of the Metta Institute and Zen Hospice Project. He integrates the Buddhist psychology of Charlotte Joko Beck into his practice and teaching.



Jonathan offers workshops and retreats to help caregivers become more openhearted, effective, and joyful. He has served as Chaplain in hospice, cancer care, and hospital settings. During Jonathan's 40-year spiritual practice, he's led and served many organizations in the Buddhist, Quaker and non-profit realms.

At home in the San Juan Islands of Washington, Jonathan relishes the peaceful solitude of his small farm.

Jonathan is the author of *The Road To Freedom: Learning To Drive With Joy And Kindness.*

**Information: 360-452-1511 or astrid.r@vhocc.org
volunteerhospice.org**

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Rosemerry Wahtola Trommer