

The Neuroscience of Kindness



→ events.nyas.org/kindness26

📍 West End Labs (NYC)
or join virtually

📅 March 3, 2026

What happens in the brain when we act with compassion—and how can nurturing kindness improve individual and societal well-being?

The Neuroscience of Kindness conference will bring together leading researchers, clinicians, and public health experts to explore the biological, psychological, and social foundations of prosocial behavior.

This one-day event will examine how kindness develops across the lifespan, the evolutionary roots of cooperation, and the measurable effects of compassion and altruism on physical and mental health. Participants will also discuss practical strategies for cultivating kindness in communities, workplaces, and institutions, and how doing so may represent an urgent public health priority.

Join scientists, clinicians, educators, and policymakers for a day of discovery and dialogue about how understanding the neuroscience of kindness can shape a healthier, more connected world.

Presented by



west end labs

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