



Mindfulness with Sue Hutton

FREE VIRTUAL MINDFULNESS Group for Caregivers of adults with Developmental Disability and Mental Health Needs to learn ways to cope with stress

Mindfulness groups will be held for 6 weeks on Fridays:

Dates: November 5, 12, 19 26, December 3, 10

Time: 10:00-11:30am

You will be able to participate in the group virtually through internet connection using a computer, tablet or smart phone.

Don't miss out on this wonderful opportunity with Sue Hutton to help guide you through mindfulness practice.

If you are a Caregiver of an adult with Developmental Disability and are interested in participating, please contact Melissa.Savage@camh.ca or Lois.Lee@camh.ca