



MINDFULNESS

8-Week Series

For Women, Girls, Trans, Two Spirit, Non Binary Peoples and Other Marginalized Genders with and without Disabilities

When: Tuesdays April 12 through May 31, 2022

Where/How: Vibrant Healthcare Alliance - Zoom

Time: 6:00pm – 7:00pm

Cost: Free

MUST Complete Pre and Post Evaluation & Commit to all Sessions

Limited Space Available

To register please call **Lucy** at **416-486-8666 ext.226**
or email **Nasro** at nasroh@vibranthealthcare.ca

Vibrant Healthcare Alliance is committed to providing safe inclusive spaces. Peer Support groups/events operate within a supportive Independent Living Environment.

