
VIRTUAL MINDFULNESS FOR LEADERSHIP AND FRONTLINE PROFESSIONALS PROGRAM

Mindfulness Programs for Care Providers Across Canada

Join our 6-week program for leadership and frontline professionals in health, home care, and disability support services.

Program Highlights:

- Sessions led by mindfulness expert Sue Hutton, MSW
- Audio links and resources to support your practice
- No cost to participate!

2025 DATES

THUR FEB 6 to MAR 13, 12:15-1:00 pm

TUE MAY 6 to JUN 10, 1:00-1:45 pm

THUR OCT 9 to NOV 13, 12:30-1:15 pm



hcardd@camh.ca

SIGN UP TODAY

Click the link or
scan the QR code



<https://redcap.link/ecdgehrw>

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Neurodevelopmental Centre



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