# VIRTUAL MINDFULNESS FOR LEADERSHIP AND FRONTLINE PROFESSIONALS PRQ GRAM

#### **Mindfulness Programs for Care Providers Across Canada**

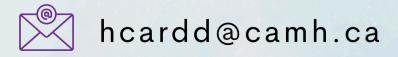
Join our 6-week program for leadership and frontline professionals in health, home care, and disability support services.

**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



amh | Azrieli Adult Neurodevelopmental Centre

## SIGN UP TODAY

Click the link or scan the QR code



#### https://redcap.link/ecdgehrw



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This program is being offered through the Centre for Addiction and Mental Health (CAMH) with the support of the Canadian Centre for Caregiving Excellence.