

VIRTUAL MINDFULNESS IN 30 PROGRAM

Mindfulness Programs for Care Providers Across Canada

Are you a family caregiver, healthcare leader or frontline professional? Take 30 minutes a week to recharge, reduce stress, and practice mindfulness.

Program Highlights:

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

2025 DATES

WED MAR 19 to APR 9, 12:30-1:00 pm

WED SEPT 17 to OCT 8, 6:30-7:00 pm

WED NOV 26 to DEC 17, 12:30-1:00 pm



hcardd@camh.ca

SIGN UP TODAY

Click the link or
scan the QR code



<https://redcap.link/yo14eqrj>

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Neurodevelopmental Centre



Canadian Centre for
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pour les aidants