

# VIRTUAL MINDFULNESS IN 30 PROGRAM

## Mindfulness Programs for Family Caregivers and 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!

### 2025/2026 DATES

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

TUE MAR 10 to MAR 31, 3:00-3:30 pm EST

 [hcardd@camh.ca](mailto:hcardd@camh.ca)

 **SIGN UP TODAY**

Click the link or  
scan the QR code



<https://redcap.link/yo14eqrj>

**camh** | Azrieli Adult  
Neurodevelopmental Centre



Canadian Centre for  
Caregiving Excellence

Centre canadien d'excellence  
pour les aidants

Fondation  
**Azrieli** Foundation  
