

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

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