

VIRTUAL MINDFULNESS FOR FAMILY CAREGIVERS PROGRAM

Mindfulness Programs for Family Caregivers Across Canada

Join our 6-week program for family caregivers of loved ones with disabilities, those who are aging, and those experiencing a challenging illness

Program Highlights:

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

Upcoming DATES

WED OCT 15 to NOV 19, 3:00-4:00 pm EDT

TUE JAN 27 to MAR 3, 1:00-2:00 pm EST



hcardd@camh.ca

camh | Azrieli Adult
Neurodevelopmental Centre



Canadian Centre for
Caregiving Excellence

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