

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

SIGN UP TODAY

Click the link or
scan the QR code



<https://redcap.link/cqkbctj5>