



Mindfulness 101 Workshop

A Way to Approach Stress Management & Mental Wellbeing

Every 3rd Wednesday from 3-4:30pm

next session Wednesday May 17th

Location: Village Family Health Team Group Room

Have you ever wondered what it means to be Mindful, or how practicing it can help manage stress? If so, you're welcome to attend our Mindfulness 101 Workshop! We go over the basics of Mindfulness Meditation, including programs in the community, and discuss how you can make it part of your daily life. Details will also be shared about our Mindfulness Drop-In.

Free but registration is required. Cancellation policy applies

Please contact reception to book-in 416 599 8348