



MINDFULNESS DROP-IN

The drop-in is open to those who have attended our VFHT Mindfulness 101 Workshop OR an intro course at the Centre for Mindfulness Studies.

Thursdays from 11:30am-12:20pm

Village Family Health Team – Group Room

*Check our website to confirm the group is running – villagefht.ca
You are welcome to stay for as long or as little as you like!



Family Health Team

The Centre
for Mindfulness
Studies 

Weekly Themes

Present Awareness

Mindful Eating

**Using Our Senses to
Keep Grounded**

**Dealing with
Difficulty**

Self Compassion

NEXT MONTH

Mindfulness 101
Learn about Mindfulness
and if the drop-in is right
for you!

Check our website for
upcoming dates
<http://villagefht.ca/>