



MINDFULNESS MEDITATION DROP-IN

The drop-in is open to **EVERYONE** in the community, regardless of experience level!

Mondays from 6:15-7:15pm
Village Family Health Team – Group Room
Starting Monday January 15, 2018

*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

Weekly Themes

Present Awareness

Mindful Eating

**Using Our Senses to
Keep Grounded**

**Dealing with
Difficulty**

Self Compassion

NEXT MONTH

Mindfulness 101
Brand new to mindfulness
and meditation?

Learn the basics to find
out if the mindfulness
drop-in is right for you!

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