

45 Minute Mindfulness

Please join us for a 45 minute session to help us become more focused, relaxed, and kind to ourselves and others

Where

- **Zoom** accessible (participants may connect by telephone if their internet connection is insufficient for **Zoom**)

When

- August 25 - September 24, 2020
- Tuesdays at 9:00 am and Thursdays at 3:00 pm
- Each session is 45 minutes long
- Please plan to attend at least one session per week

Who

- Anyone may participate, people younger than 12 must also have a parent or guardian participate
- No experience necessary

How

- For more information, please visit wocrc.ca or scan code below. To register, please email intake@wocrc.ca or phone 613-591-3686 x269
- Registration will close on Friday, August 21 at 4:30 pm
- Cost: Free



Veillez noter que ce programme est disponible seulement en anglais