

# 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

- November 10, 2020 - December 10, 2020
- Tuesdays at 10:30 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](http://wocrc.ca) or scan code below. To register, please email [intake@wocrc.ca](mailto:intake@wocrc.ca) or phone 613-591-3686 x269
- Registration will close on Wednesday, November 4 at 4:30 pm
- Cost: Free



Veillez noter que ce programme est disponible seulement en anglais