



MINDFULNESS WITHOUT BORDERS

MINDFULNESS

This group offers an introduction to the core concepts of mindfulness to strengthen the well-being, compassion, critical thinking and resilience. Class discussions, guided meditations and other tools will be used. Some of the topics include: connecting authentically, mind-body awareness, practising gratitude, emotional intelligence and nurturing compassion.

PROGRAM LEARNING OBJECTIVES

- ✓ Build Focus and Concentration
- ✓ Regulate Emotions and Behavior
- ✓ Manage Stress and Anxiety
- ✓ Build a Daily Breathing Practice
- ✓ Strengthen Communication Skills
- ✓ Foster Peer-to-Peer Connections
- ✓ Build Empathy & Compassion
- ✓ Develop Resilience

Teens (13-18)

Dates and Times:

Tuesdays Feb 12 - Apr 9 @ 4pm - 5:30pm (except Mar 12)

Group Orientation:

Tuesday, Feb 5 @ 4pm

Adults

Dates and Times:

Tuesdays Feb 12 - Apr 2 @ 10am - 12pm

Group Orientation:

Tuesday, Feb 5 @ 10:30pm

Location: Health for All seminar room; 379 Church Street

To Register: Please self-refer by calling Rebecca @ (905) 471-9999 ext. 456 or email @ rebecca.robinson@markhamfht.com