

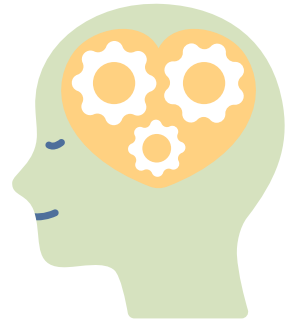
# MINDFULNESS & MEDITATION

FREE

VIRTUAL 8 WEEK PROGRAM FOR ADULTS

**Build skills for self-care, to cope with stress, and increase your capacity for greater daily calm.**

Each 45 minute session includes opportunities to learn and practice new skills and time to connect with peers in your community.



## WHEN:

Tuesdays and/or Thursdays from April 5 - May 24, 2022  
11:30AM-12:15PM *Participate via Zoom or by telephone*

## FACILITATED BY:

Lila K. Danis HBSC in Psychology, Neuroscience, and Behaviour



**Have questions?**

Learn more  
at our virtual  
info session on  
**March 17 @ 11:30am**



PRESENTED BY:



[www.esssupportservices.ca](http://www.esssupportservices.ca)

**PROGRAM & INFO SESSION  
REGISTRATION:**

Contact Swarnali, ESS Case Manager  
[schakraborty@esssupportservices.ca](mailto:schakraborty@esssupportservices.ca)

416-243-0127 ext. 232