

Mindfulness Workshop



Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment with compassion and non-judgment. Through this practice, it may help to ease psychological stresses such as anxiety, depression, and pain. We will be exploring different kinds of mindfulness meditation techniques and learn how to utilize them in our everyday lives.

Join us to learn more about what mindfulness and meditation are, what you can gain from practicing them, and more.

**Every Thursday from
July 8 - July 29
3 p.m. to 4 p.m.**

To register and receive the link, contact Cass
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