

# A **FREE** Mindfulness Program for Frontline Staff, Caregivers & Healthcare Workers



CENTRE FOR  
Mindfulness  
Studies

**CARE** is a FREE 6-week evidence-based mental health and mindfulness program designed for frontline staff, caregivers & healthcare workers to develop and sustain emotional well-being. This program is generously funded by the Echo Foundation.

## In this program participants will:

- Learn coping skills and emotional regulation
- Develop strategies to deal with difficult situations
- Increase connection with others and reduce feelings of isolation

**Register here:** <https://bit.ly/4beuW7C>

**When:** Thursdays: July 18, 25, August 1, 8, 15 & 22

**Time:** 12:00pm - 1:00pm ET **Facilitator:** Blakie Sahay OT Reg. (Ont.)

**Where:** Virtual **Registration Deadline:** Thursday, July 11



We're the leading professional development and service delivery organization for mindfulness interventions in Canada.

Contact: [community@mindfulnessstudies.com](mailto:community@mindfulnessstudies.com)  
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