

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



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: November 7, 14, 21, 28; December 5 & 12

Time: 12:00pm - 1:00pm ET **Facilitator:** Prabh Dharmi

Where: Virtual **Registration Deadline:** Tuesday, November 5



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

Contact: community@mindfulnessstudies.com
(888) 637-9186

