



# 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, and healthcare workers to develop and sustain emotional well-being.

## 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

## Details

**When:** Every Tuesday from September 9, 2025, to October 14, 2025

**Time:** 12pm to 1pm

**Where:** Virtual

**Facilitator:** Prabh Dhami

## How to Register?

Please use this link [\*\*CARE Program\*\*](#) to register.

## Questions?

[mindfulness@reconnect.on.ca](mailto:mindfulness@reconnect.on.ca)