



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 October 21, 2025, to November 25, 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