



Mindfulness for Developmental Services Staff



About this workshop

Join other developmental services staff from across Ontario in a program to gain self-care mindfulness skills. The program will be led by Sue Hutton, a mindfulness coach with 30 years of experience.

The curriculum is a 6-week program that has been developed at the CAMH's Azrieli Adult Neurodevelopmental Centre. It is modified specifically for caregivers, from the Mindfulness-Based Stress Reduction 8 week health care program developed by Jon Kabat-Zinn at University of Massachusetts.

We know from research that it is with daily practice that the most benefit comes. Don't worry - we have developed tools that are short and accessible so you can hopefully find time to practice them in your busy lives as developmental services staff. You will receive audio links to practice brief mindfulness exercises daily and digital workbooks with readings, and support materials to help encourage your home practice.

When?

**Wednesday evenings
from 6:30 - 7:30PM**

Starting November 10
until December 15

Please note: You can have your camera on or off, and be quiet or share a little. We want you to feel comfortable to participate in the way that is best for you. We're looking forward to meditating together as a community.



**Register
Here**