

Mindfulness for Support Staff and Care Providers in Developmental Services



Cultivating
Community
Wellness

About this virtual program

Join a community of developmental services care providers supporting people with developmental disabilities from across Canada in a 6-week virtual program to learn about and practice mindfulness.

The program will be led by Sue Hutton, a mindfulness teacher with 30 years of experience. The program has been developed at the CAMH Azrieli Adult Neurodevelopmental Centre in Toronto, Ontario.

There is no cost to attend. You will receive audio links weekly to practice brief mindfulness exercises and a digital workbook with readings and support materials to help encourage your home practice.

Please note: You can have your camera on or off, and be quiet or share a little. We want you to feel comfortable participating in the way that is best for you.

When?

Every Wednesday
Nov 9th to Dec 7th, 2022
6:30 pm - 7:30 pm EST



For further information:
hcardd@camh.ca

camh | Azrieli Adult
Neurodevelopmental Centre



Canadian Centre for
Caregiving Excellence

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pour les aidants



This program is being held as part of the Cultivating Community Wellness Initiative, which is supported by the Ontario Ministry of Children, Community and Social Services.