

Community Education Service



Improving emotional health and well being

Mindfulness 101

Danielle Mayer, BA, BCYC, CYCAA Health & Wellness Worker
Marya Abma, BSW, Health & Wellness Worker

You may have heard of the word Mindfulness before and understand it was the ability to be fully present in the moment. However, in today's day and age being present and mindful are becoming increasingly difficult with the stresses and obstacles that we face in everyday lives.

According to Mindfulness research, it has been known for decreasing stress and sadness and increased levels of focus and happiness. Join us as we discuss the basics to get you started on your mindfulness journey.

FREE LEARNING

November 30, 2020
1:00 PM – 2:30 PM

Registration Required



This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Closer to Home Community Services**.

CES@ahs.ca <http://community.hmhc.ca/>