

Community Education Service



Improving emotional health and well being

Youth and Mindfulness

**Presenter: Sheetal Pandher, Youth Facilitator,
Viewpoints team at Closer to Home Community Services**

Participants will learn:

What exactly mindfulness is
and the importance of
teaching it to youth. The
benefits of implementing
mindfulness into the routines of
youth and how to do it.

**Wednesday, March 20, 2024
10:00 AM – 11:30 AM**

[Click here to register](#)

FREE

online event



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to Home**
COMMUNITY
SERVICES



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