
VIRTUAL MINDFULNESS FOR FAMILY CAREGIVERS PROGRAM

Mindfulness Programs for Family Caregivers Across Canada

Join our 6-week program for family caregivers of loved ones with disabilities, those who are aging, and those experiencing a challenging illness

Program Highlights:

- Sessions led by mindfulness expert Sue Hutton, MSW
- Audio links and resources to support your practice
- No cost to participate!

2025/2026 DATES

TUE JAN 28 to MAR 4, 1:00-2:00 pm

FRI MAY 9 to JUN 13, 1:00-2:00 pm

TUE OCT 7 to NOV 11, 1:00-2:00 pm

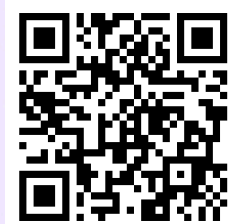
TUE JAN 27 to MAR 3, 1:00-2:00 pm



hcardd@camh.ca

SIGN UP TODAY

Click the link or
scan the QR code



<https://redcap.link/cqkbctj5>

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Neurodevelopmental Centre



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