

Mindfulness for Family Caregivers

For caregivers of loved ones with disabilities, those who are aging, and those experiencing a challenging illness

About this virtual program

Join caregivers across Canada in a 6-week virtual program to learn about and practice mindfulness. This group is open to caregivers of loved ones with disabilities, those who are aging, and those experiencing a challenging illness.

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.

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.

To register, click on the link, or scan the QR code with your mobile phone.

When?

Every Friday

Jan 20th to Feb 24th, 2023

2:00 pm - 3:30 pm EST



For further information:
hcardd@camh.ca

<https://edc.camhx.ca/redcap/surveys/?s=TWRYCF7KDRK3L8RK>

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Canadian Centre for
Caregiving Excellence

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pour les aidants

This program is being offered through the Centre for Addiction and Mental Health (CAMH) with the support of the Canadian Centre for Caregiving Excellence.