

Mindfulness Mondays: Free Online Sessions for People with Developmental Disabilities and Caregivers

**Join us each week on Mondays
2PM – 3PM EST**

March 23

March 30

April 6

April 13

Register Here

Or go to

[Mindfulnessmondays2020.Eventbrite.ca](https://www.eventbrite.ca/e/mindfulnessmondays2020)

We are offering free online mindfulness sessions for people in the developmental disability community and their caregivers, regardless of age or disability. Offering adapted introductory mindfulness classes for people with developmental disabilities and their caregivers.

Mindfulness is a set of easy meditation techniques that can help reduce anxiety. Take part in guided meditation instruction that is accessible to all levels from beginners to experienced meditators. These sessions will be facilitated by Sue Hutton, a clinician with over 30 years of mindfulness experience.

Please note: this is not therapy, so if you are seeing a therapist please continue to do so.

If you have any questions, contact [Brienne Redquest](#)