



FREE YOUR MIND

Mindfulness has become a buzz word in popular culture and the mental health field, but why? In this 2-hour introductory workshop, you will learn about mindfulness and how to apply this practice to your everyday life. Facilitated by two passionate mental health professionals you will develop mindfulness and cognitive behavioural skills proven to help manage stress and anxiety. Join us in a relaxed and casual environment for an evening of exploration and discovery.

LEARNING OUTCOMES



Learn and practice mindfulness



Develop new ways of understanding stress & anxiety



Build new coping strategies

Start your 2018 off right by giving yourself the gift of mindfulness and FREE YOUR MIND!

Free Your Mind: Mindfulness, an antidote for stress and anxiety

Join us

Leanne Ford, MSW, RSW and Rachel Sansone, MSW, RSW

Thursday February 22, 2018

7:00pm-9:00pm

Location

The Hive
1352 Wharncliffe Road South
London, ON N6L 1K3

Cost

\$30.00

Register here:

<https://mindfulnessfreeyourmind.eventbrite.ca>

QUESTIONS?

Contact Rachel Sansone or Leanne Ford directly:
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