



SOME OTHER SOLUTIONS

SOCIETY FOR CRISIS PREVENTION

Want to connect virtually with people in your own community and practice something for your well being at the same time?

Online Drop-in Mindfulness Group:

Creating Genuine Connections with Ourselves and Others

Group sessions run every Wednesday for 8 weeks, April 1 to May 20, 2020

Time: 6-7 pm

Commencing: Wednesday, April 1, 2020

Mindful Facilitator: Jude Friesen

Cost: FREE

General format of each session: We start with a 3 minute mindful breathing space, mindfulness of senses, and mindfulness for self compassion. Space for reflections between each sit and honoring our current experience in a changing world.

Please register for the first session by Tuesday March 31, to give us time to send you instructions on how to set up on Zoom, our video platform. (Further instructions to follow once you register.)

For more information and to register call: 780-743-8605

Or email: kenda.jackson@someothersolutions.ca