

Spring Into 'Self

Meditation & Reflections on Storytelling*

Mondays 2:00-3:30pm

May 4-June 29

Board Room

This is a time for adults to discover your own story through Guided meditation and the expressive arts. Let your inner child play ☺!

There will be time for optional/supportive sharing.

Registration begins April 20th



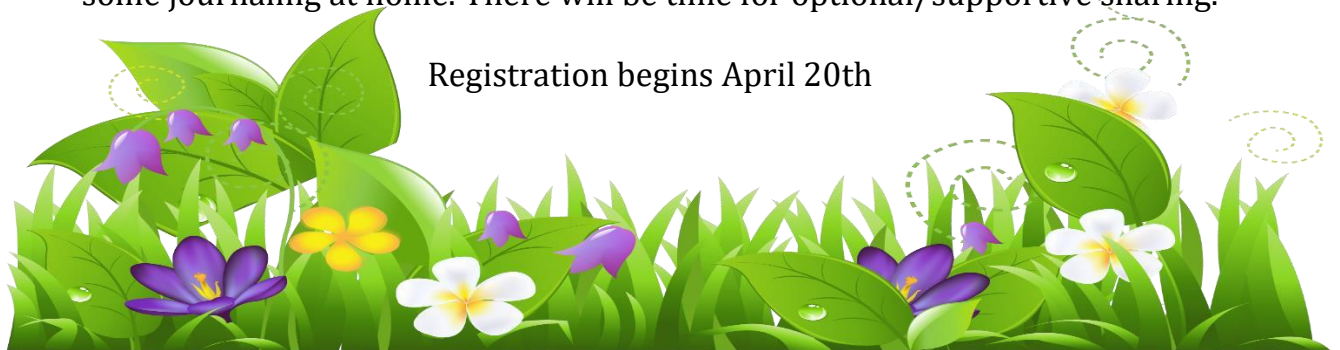
Meditation & Reflections on Gratitude*

Tuesdays 11:30am-1:00pm

May 12-June 30

This group encourages you to look at the world through a lens of gratitude. There will be a time for exploration, creativity and hopefully inspiration to practice with some journaling at home. There will be time for optional/supportive sharing.

Registration begins April 20th



Board Room



Evening Meditation*

Mondays 7:00-8:00pm

Zoom

April 13-June 30

Create a quiet space for yourself and practice guided meditations. Start the week with a focus on kindness and overall wellbeing.

Registration is Open at anytime for this specific group.

No group on April 27 and May 18th.

You are welcome to join any session.

***Notes:** All groups are facilitated by a **RP**.

Evening Meditation is a virtual group and unlike any in person conversation, we cannot guarantee that this type of communication will always be secure, heard, or seen by others. The Centre does

utilize security precautions that include creating meeting identification, passwords and locking down virtual meetings so uninvited guests cannot join. There is **no recording** of any session to protect the privacy of all present.

The groups will have an opportunity for **optional sharing** based on the theme presented. Those who register must agree to honour the confidentiality and privacy of those present in the most compassionate manner. This understanding stands for anyone participating in any Mindfulness based group.

There are **NO GROUPS** scheduled when the Health Centre is closed or when the facilitator is unavailable. This includes April 27 & Victoria Day May 18.

Call 416-231-7070 ext 307 to register or e-mail:
health.promotion@stonegatechc.org
Space is limited for the groups. If there are any questions,
please ask to speak to Rosalynn.

