

Summer of Self-Growth Mindful Mondays



Meditation & Reflections on Gratitude*

Mondays 12:00pm-1:30pm
July 13-August 24
Board Room

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.

No Group on July 20th.
Registration begins June 29th

Meditation & Reflections on Storytelling*

Mondays 2:00-3:30pm
July 13-August 17
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 June 29th





Evening Meditation*

Mondays 7:00-8:00pm
Zoom
July 6-August 27

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 July 20th.

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.

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.

