

Weekly Meditation Webinar

Online guided mindfulness practice

Ongoing weekly sessions offered on Zoom. All sessions are free. Each week, a counsellor leads participants through meditation and provides information about a well-being topic, such as mindfulness, coping strategies, or understanding emotion.

Date & Time

Mondays | 1 – 1:30 p.m.

Registration

416.595.9618

sau@familyserVICEToronto.org

DATE LINE

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