

SELF-EMPOWERMENT
to overcome
BURN-OUT

**JOURNEY TO PERSONAL
FREEDOM AND BELONGING
THROUGH**

Mindfulness



WHY MINDFULNESS?

- Caregivers report increased wellbeing
- Improves the quality of life & mental health of caregivers
- Positive effects on the challenging behaviours of children with disabilities
- Portable practice that can be used in the midst of busy caregiving

- Refreshments provided
- Interpretation available



1050 Huntingwood Drive
Scarborough, ON
M1S 3H5



Wednesday, May 8th
6:30 pm
Register via
<https://forms.gle/vjhGyEhn7>



SUE HUTTON
MSW, RSW

**CAMH Azrieli Adult
Neurodevelopmental
Centre**

**Passionate about making
mindfulness accessible for
caregivers**

**35+ years of experience in
formal mindfulness training
& delivering services in
developmental services
agencies**