



Mindfulness Meditation



Allow yourself time for self-care while on your journey through grief, illness and caregiving. The Mindfulness Meditation program gives you the opportunity to build resiliency, create coping strategies and connect with your breath in a safe space.

Wednesdays at 9:30AM-10:30AM



Mindful Meditation is offered virtually using Zoom. You will require a device with sound and camera capabilities to participate.

Registration Required

Elgin: Call or Email Sheila – 519-637-6408 ext 222
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Middlesex: Call or email Meghan 519-245-3170 ext 227
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