



Mindful Meditation

You will learn how to:

- Let go of worries about the past or the future
- Slow down
- Cope with negative/unpleasant thoughts and emotions, anxiety, stress, and pain
- Practice self-acceptance
- Respond rather than react in stressful situations
- Have a greater sense of joy, contentment, gratitude, and presence in your life
- Be more aware of the habits of your mind
- Be less critical and more compassionate towards yourself and others

Weekly drop-in group

to practice new skills for managing stress and emotions and focusing your attention and energy on the present moment.

This is a seated meditation – no mat or special clothing needed.

No registration or experience required

Wednesdays

1 pm to 2 pm

Brant Hills Library

2255 Brant Street,

Burlington

**For more information, call
CMHA at 1-877-693-4270.**



**Canadian Mental
Health Association**
Halton Region Branch
Mental health for all



**BURLINGTON
Public Library**