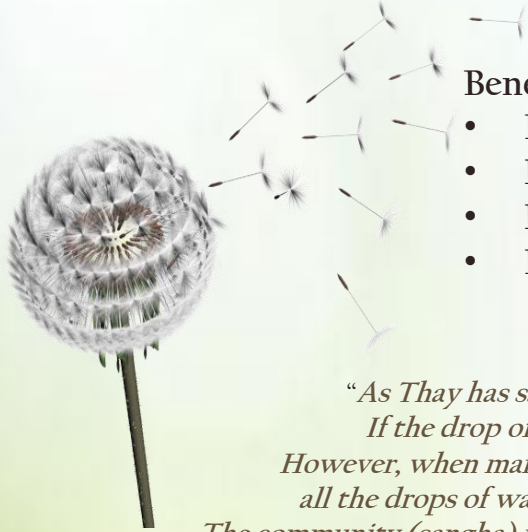


MINDFUL COMMUNITY FOR FAMILIES

This monthly drop-in group for children 5-11 years old and their parents/caregivers aims to develop a sustainable community where families feel supported, interconnected and encouraged to continue their mindfulness practices. Group sessions are activity-based for both adults and children including art, games, meditation and yoga.



Benefits:

- Increased present-centered attention
- Enhanced emotional awareness
- Enhanced use of skillful responses
- Increased feeling of support and interconnection

“As Thay has said, a practitioner is like a drop of water.

If the drop of water is alone, it may evaporate easily.

*However, when many drops of water join together to form a river,
all the drops of water in the river can travel safely to the ocean.*

*The community (sangha) is our river that supports our practice of mindfulness
and the cultivation of joy and non-fear in our lives.”*

- Karen Hilsberg

Second Tuesday of every month, 6:00 – 7:30 p.m.
@ 200 Ronson Drive, Suite #401

October 9

Everyday
Mindfulness

November 13

What if it never
stops raining?

December 11

Cultivating
Peace



Prior experience in a mindfulness-based group is strongly recommended.
Pre-registration required. Call Ashiya or Teresa at 416.240.1111 ext. 2527/2546