



Meditation & Mindfulness Practice Support Group To Reduce Stress

3rd Wednesday of each month at 7pm

WHAT: Practice modern meditation and mindfulness with our volunteers

WHEN: 3rd Wednesday of each month from 7:00—8:30 pm

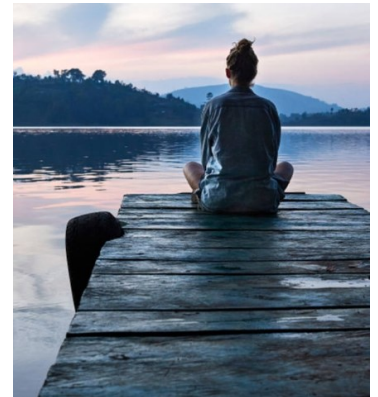
Class starts at 7pm SHARP

Due to the quiet nature of meditation, latecomers may not be admitted

April 20, May 18 & June 15, 2022

WHERE: Online through Zoom

Details will be sent to your email so you can join the sessions



**FREE & Open to Everyone in the Community
who has attended a Meditation and Mindfulness group**

Facilitated by BQWCHC Volunteers

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call

613-962-0000 and press 0 for Reception

Please Note: Group programs may be cancelled with short notice due to COVID-19



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