

GUIDED MEDITATION ON STRESS MANAGEMENT WITH GROUP SHARING: IN-PERSON SESSION



Wednesday, January 29, 2025

11:00 a.m. – 12:30 p.m.

This session is designed to help participants identify, understand, and release stress through mindfulness and connection.

Combining a guided meditation practice with an opportunity for group sharing, the session creates a safe and supportive space to foster relaxation and mutual understanding.



Child care will be available during the session if required
Refreshments will be provided and you'll get a chance to win prizes in our raffle drawings.

Location: 690 Dorval Dr., Suite 100, Oakville, L6K 3X9

Register by phone or email:
(905) 875-3851 Ext. 5008
nicoakville@achev.ca

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