

Reduce Stress through Mindfulness

Research has shown that mindfulness helps us reduce anxiety and depression and teaches us how to respond to stress with awareness of what is happening in the present moment. This workshop will provide tools and ways to become more aware of our thoughts, the needs of our body, and the emotions of others.

Facilitator: Sandra Benassini, Psychologist, Homeopathic Practitioner and Mindfulness Teacher for Stress Reduction

Format: Via Zoom

Duration: 1 hour

Suggested age: All ages

Language: English/Spanish

Participants: 20 per session

Date: Oct 7th - 14th - 21st and 28th, 2020

From 9:30 am to 10:30 am.



Pre-registration is required!

Please contact Elva at

Elvar@burnabynh.ca

236 833 6515

To get the link for the Zoom Workshop



Burnaby Neighbourhood House
4460 Beresford Street
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