

FREE 8-WEEK ONLINE SERIES
LAMP COMMUNITY HEALTH CENTRE

MINDFUL RESILIENCE



Corin De Sousa is a certified mindfulness teacher through the Canadian College of Educators and provides evidence-based mindfulness programs throughout the GTA.



SERIES DATES:
8 WEEKS | JUNE 2ND - JULY 21ST
WEDNESDAYS 3 PM - 4 PM



To register, please contact Jasmin Dooh at 416-252-6471
ext. 308 or jasmind@lampchc.org