



prioritize your mental health

More mindfulness = more wellness (for you and those around you)

In **Mindfulness for Life**, you'll learn key skills and practices to improve your mental health and well-being. This course invites you to become familiar with your mind and thoughts, learning how to work with them more skillfully so you can improve your relationships.

Ready to start living with more contentment, appreciation, wisdom and compassion?

Enter mindfulness.

course | adults 18+ (all genders) | free | 8 weeks

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