Brain Injury Assist Ltd.

Proudly presents a workshop on Mindfulness, Anxiety, Worry &Stress

This workshop on Mindfulness Can Help:

- Keep your mind occupied with what's real, leaving less room for anxious, racing thoughts and negative beliefs
- Replace anxiety with resilience and joy
- Take back what anxiety has stolen from you

Mindfulness is an approach to mental health and well-being that involves using the senses to pay attention to what's happening around you and inside you, in the here and now. Unlike anxiety, which is focused on future possibilities and hypotheticals, mindfulness is about the present moment.

Tuesdays from 1030-Noon
January 14th, 2020 – March 24th, 2020
at 1914-9 Ave SE

Contact Bob Yoisten for registration
T: 403.608.6800

(for all applicants new to us - a workshop interview prior to enrollment will be conducted)

Sessions are open to individuals living with a brain injury