

MINDFULNESS: THE CONNECTION BETWEEN GRATITUDE, JOY AND LIVING WELL **JULY 7, 2022 FROM 7:00PM- 8:00PM**

Mindfulness is a way to bring us to the present moment. Developing a Mindfulness Practice can:

- Calm the mind & bring ease to the body
- Reduce stress and ease anxiety
- Help us to relax
- Support us with Mental Health
- Allow for a greater sense of joy
- Show us how to pause and then choose whether to respond or react



TALKING CIRCLES

JULY 19, 2022 FROM 7:00PM-8:00PM

Talking Circles will be a mix of focused conversations about how we implement the spirit of reconciliation; addressing myths and misconceptions; activities and resources for young children.

Join Karen Marshall, MCRC's Indigenous Reconciliation Facilitator and Consultant.

LEARNING COMMUNITIES FOR EDUCATORS

Infant/Toddler, Preschool, Licensed Home & All Age Groups

For a list of all Professional Learning Opportunities visit the [Upcoming Event page](#) on thrc.ca

