



Mind Full, or Mindful?

**COMPASS COMMUNITY HEALTH**  
**438 HUGHSON STREET NORTH**  
**CLIENTS CAN SELF-REFER**  
**SIB PRYCE 905 523 6611 EXT 2014**

**Mental Wellness Toolkit Series**

**FREEDOM TO BE  
MINDFULNESS**

**Do you have a client who is  
struggling with chronic physical or  
emotional pain?**

**Stressed? Anxious? Depressed?**

**Mindfulness Meditation is a great  
self-management tool!**

**FREE Seven week  
program**

**BREAKFAST ☺**

**FREE BUS TICKETS**