



# PROGRAMS OPEN TO

Patients of:

Thames Valley Family Health Team

London Family Health Team

London InterCommunity Health Centre Trans Health Program

St. Thomas Elgin General Hospital Outpatient Mental Health

West Elgin Community Health Centre

## Introduction to Mindfulness



An introduction to the concept and practice of mindfulness and the benefits to one's overall health and wellness.



## Living Mindfully



An opportunity to learn the impacts of stress on your mind and body and how to practice mindfulness through a variety of practical exercises.



## Mind Over Mood



Learn about the Cognitive Behavioural Therapy (CBT) approach to treating anxiety, depression, self-esteem issues, and stress.



To learn more and register, scan the QR code next to the group or visit  
[www.thamesvalleyfht.ca/programregistration](http://www.thamesvalleyfht.ca/programregistration)