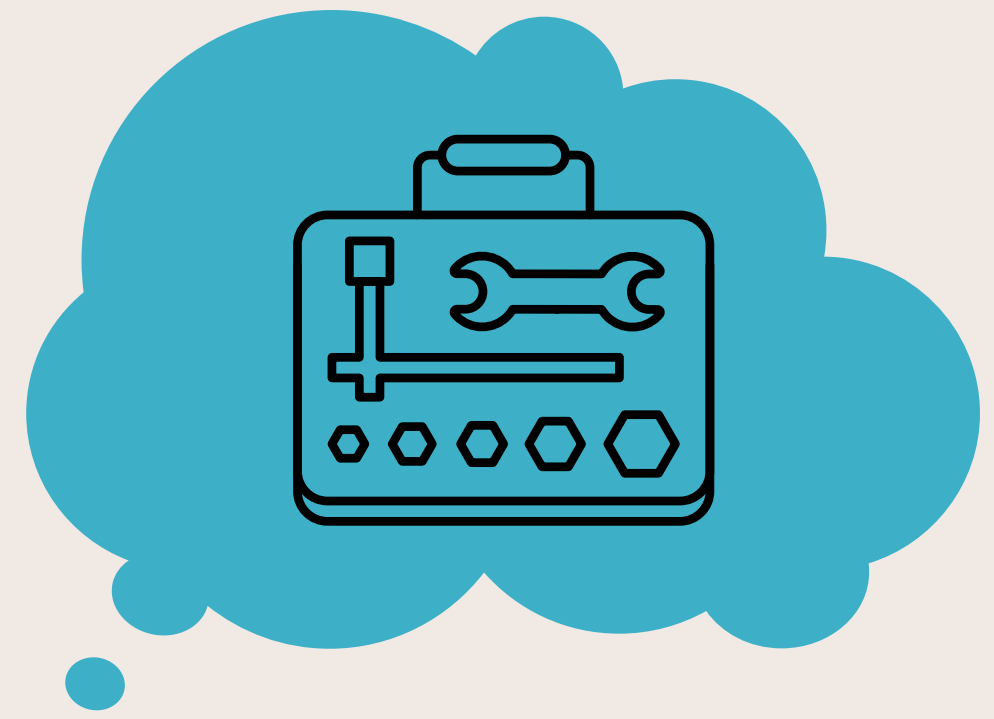


Foundry Virtual and Crisis Centre BC presents

# WHAT'S IN YOUR TOOLBOX?: MINDFULNESS SKILLS FOR EVERYDAY LIVING 8-SESSION ONLINE COURSE



A FREE eight-session online course where young people can learn and practice at their own pace tools for “navigating life with a little more ease.” Each webinar introduces simple, accessible mindfulness practices, a short video to explore session content, and opportunities for discussion, reflection, and questions.

Participants can attend all 8 sessions or drop-in for as many sessions as they/you choose. All registrants receive access to a recording of the live session along with home exercises practices and journalling questions.

- JUNE 22-JULY 15, 2020

\*NO CLASS ON CANADA DAY, JULY 1,  
WILL RUN THURS JULY 2

- MON & WED: 6:30-7:00PM

- VIA ZOOM

For details & registration information,  
visit [foundrybc.ca/virtual/groups](https://foundrybc.ca/virtual/groups)

• F O U N D R Y •  
[foundrybc.ca](https://foundrybc.ca)

