



CENTRE for
INNOVATION
in PEER SUPPORT

CENTRE FOR INNOVATION IN PEER SUPPORT (INCLUDING LEGACY TEACH) PRESENTS:

Mindful Moments

With Gabe and Clare

Twice daily, Monday to Friday

Physical distancing offers us the unique opportunity to connect in a different way.

Your Hosts, Trained Peer Support Staff

Gabrielle Crocco: Certified Kripalu Yoga Teacher

Clare Sheedy: Applied Mindfulness Meditation Practitioner with Specialization
Mindfulness Based Addictions Recovery (MBAR) Facilitator

Mindfulness and Yoga are scientifically proven to help with anxiety, loneliness, depression, boredom, chronic pain and promote psychological well-being.

We invite you to join us virtually, "face to face", for 15 minutes of connection, grounding, relaxation, and movement in a safe and caring space!

Morning session:
8:00 am until 8:15 am ET
Zoom link:
[https://zoom.us/
j/703061824](https://zoom.us/j/703061824)
Meeting ID: 703 061 824

Everyone
Welcome!

Please note: Sessions are in Eastern Time

Afternoon session:
4:00 pm until 4:15 pm ET
Zoom link:
[https://zoom.us/
j/636101022](https://zoom.us/j/636101022)
Meeting ID: 636 101 022

Please note: by logging in you are granting your consent to participate in our programming

The Centre for Innovation in Peer Support (Centre) is embedded in Support & Housing-Halton. The Centre promotes & facilitates the meaningful engagement, empowerment and enhanced capacities of people with lived experience and families, as well as effective peer support services regionally, provincially, nationally and internationally.

www.shhalton.org | www.centreforinnovationinpeersupport.com | www.t-e-a-c-h.org