

WEBINAR



Children's
Treatment Network

Caring for the Caregiver: Mindfulness and Meditation

CTN is pleased to present this online workshop for caregivers of children and youth with disabilities. Learn important ways to care for yourself, techniques for meditation and ways to become more mindful to reduce stress.

RSVP for Evening or Daytime Session

Evening: MARCH 27, 2018 7pm-8pm

Daytime: MARCH 29, 2018 12:30pm-1:30pm

[Click here to register for this webinar.](#)

A link to the webinar will be sent to you when you register.

Please contact Heather at hhamilton@ctnsy.ca if you are having issues registering for the webinar or accessing the link.

About the Guest Speaker: Laurel Crossley

Laurel Crossley is a motivational and inspirational professional speaker for students, parents, teachers, and non-profit organizations with over 20 years of experience. Laurel speaks from the heart and soul and adds in humour and real life experience to connect with her audience in a way that stays with them long after they've heard her speak.

