

Catulpa Community Support Services FASD Team Presents
A Virtual Session For Parents & Caregivers

Mindfulness For Caregivers

Learn how mindfulness can help remedy burnout

September 22nd 10-11:30am
&
September 29th 7-8:30pm

Jenn Bruer

Jenn is a Burnout Prevention & Recovery Strategist, Author and Wellness Trainer from Toronto, Ontario. As a mother, foster parent of 18 years, wife and youth counsellor, Jenn has first-hand experience with burnout.

Her self help book "Helping Effortlessly: A Book of Healing & inspiration" captures her personal burnout recovery journey.

www.jennbruer.com



Register with Eventbrite

September 22nd session & September 29th session