

**JOIN CATULPA COMMUNITY SUPPORT SERVICES'  
OAP FAMILY FOUNDATIONAL SERVICES TEAM AS THEY PRESENT**

# **MINDFULNESS RESOURCES FOR FAMILIES, CAREGIVERS, TEENS AND CHILDREN**

**REGISTER TODAY FOR ONE OF THE UPCOMING SESSIONS**

**JULY 6 AT 2 - 3 PM**

**AUGUST 10 AT 3 - 4 PM**

**AUGUST 19 AT 11 AM - 12PM**

**TO REGISTER: EMAIL [MPOTOCZY@CATULPA.ON.CA](mailto:MPOTOCZY@CATULPA.ON.CA)**

**INCLUDE YOUR CHILD'S FULL NAME, BIRTHDATE AND OAP REFERENCE NUMBER. A ZOOM LINK  
WILL BE SENT TO YOU UPON REGISTRATION**

**THIS SESSION INCLUDES A VIDEO OF A PREVIOUS INFORMATION SESSION.  
PARTICIPANTS MUST HAVE AN OAP REFERENCE NUMBER TO PARTICIPATE.**

**IF YOU ARE UNABLE TO ATTEND ONE OF THE SESSION DATES ABOVE, PLEASE EMAIL US FOR A LINK TO THE PREVIOUSLY RECORDED SESSION**

**Catulpa**

**COMMUNITY SUPPORT SERVICES  
SERVICE DE SUPPORT COMMUNAUTAIRE**