

THE CATULPA COMMUNITY SUPPORT SERVICES OAP FAMILY
FOUNDATIONAL SERVICES TEAM PRESENTS



MINDFULNESS

RESOURCES FOR FAMILIES, CAREGIVERS, TEENS & CHILDREN

September 28th, 2021 - 3:00 PM
October 7th, 2021 - 7:00 PM

November 5th, 2021 - 9:30 AM
December 6th, 2021 - 12:00 PM

Register Today For An Upcoming Session
(Email Monika Potoczny at mpotoczny@catulpa.on.ca)

When registering, please include your child's full name, date of birth and OAP Reference Number. An OAP Reference Number is required for participation in these sessions . Upon registration, a Zoom link will be distributed for your use.