



Special Guest Presentation

Join us for a **FREE** information session
Guest speaker **Teresa Couto** from
Canadian Mental Health Association

Resilient Minds in Tough Times

- ▶ Define emotional resilience
- ▶ Be able to identify your natural supports
- ▶ Generate a list of personal wellness tools
- ▶ Explore mindful meditation

Monday May 1, 2017
1:00pm to 2:00pm

at Hospice King-Aurora-Richmond Hill
All Welcome to attend!

For more information or to register:

call 905-727-6815

or email events@hospicekingaurora.ca

Hospice King-Aurora-Richmond Hill offers specialized services and support to those living with life-threatening illness, the people who care for them and those who are bereaved.

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Care ♥ Compassion ♥ Support