

Finding a balance:

Understanding bipolar disorder in later life



Join a workshop for older adults (65+) where we'll discuss:

- What is bipolar disorder?
- What does bipolar disorder look like?
- How can you find a balance and get the support you need?

MINDFULNESS MATTERS 2021

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

We invite Caregivers & Seniors (55+)

to join us for a 30 min guided program focusing on breathing, visualization & self-care practices, during these stressful times.

Session 1 - Wednesday's

Jan 13, Orientation

1-2pm

Jan 20- Mar 24,

1:00-1:30pm

Session 2 - Wednesday's

April 14, Orientation

1-2pm

April 21-June 23,

1:00-1:30pm

Session 3 - Wednesday's

July 14, Orientation

1-2pm

July 21-Sept 22,

1:00-1:30pm

Session 4 - Wednesday's

Oct 13, Orientation

1-2pm

Oct 20- Dec 15,

1:00- 1:30pm

All registered participants are welcome to participate in all 4 sessions. Once registered you do not need to register again to receive the zoom links.

To Register please email:

dlee@schcontario.ca or jtandoc@schcontario.ca