



YWCA JUMP is an exciting program for newcomer women, girls and gender-diverse people over the age of 13, who are permanent residents, convention refugees or live-in caregivers with temporary work permits. (Must provide documentation of record of landing.)

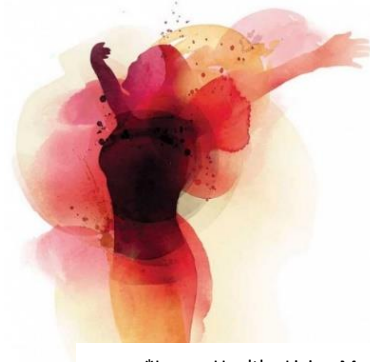
222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5
416.964.3883 | ywcatoronto.org/jump |     

MINDFULNESS STRESS REDUCTION (8 SESSIONS)

*Learn Positive Responses to C19 Stress and Manage Uncertainty**

Every Tuesday & Friday | 11a.m.-noon
Tuesday, Nov 24th – Dec 18, 2020

Facilitated *LIVE on ZOOM* [Click here to register](#)



*Image Healthy Living Magazine

The uncertainty about the virus and the changes unfolding around us have added additional layers to every day stress and anxiety.

Mindfulness is a tool that help us develop a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment with openness and curiosity. It has a variety of research-backed benefits, including reduction in stress, improvements in job satisfaction, emotional regulation and attentive focus.

We have collaborated with Laura Gutierrez, CNP Holistic Nutritionist, to offer you an interactive webinar series where we will cover strategies to overcome the stress and anxiety of the times, including the effects of the pandemic. You will learn and practice mindfulness based,

- Self-care techniques
- Change negative self-thoughts to positive solutions
- Cultivate a peaceful mind
- Increase resilience in the face of adversity

**Attendance to all 8 sessions is mandatory to earn a Certificate of Participation*

**Participants will require access to a computer (with camera) and reliable internet connection*

**Commitment to attend all eight sessions*

**Have a LINC level 5 or higher*

To comply with Public Health directives and preserve the safety of clients and staff, we will be offering a combination of online, in-person and blended learning programs. Staff remains available to serve you via phone, video-conferencing or email.

(Find the Course Outline on page 2)



NATIONAL ADVOCACY
COMMUNITY ACTION.



Funded by:



Immigration, Refugees
and Citizenship Canada

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et Citoyenneté Canada



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Course Outline

Session 1: November 24	Mindfulness Basics <i>Mindfulness Practice</i> - TUZA
Session 2: November 27	Paying Attention <i>Mindfulness Practice</i> - Mindful Listening
Session 3: December 1	Practicing Gratitude <i>Mindfulness Practice</i> - Mindful Eating
Session 4: December 4	Mind-Body Connection <i>Mindfulness Practice</i> - Body Scan
Session 5: December 8	Emotional Intelligence <i>Mindfulness Activity</i> - Journal Entry
Session 6: December 11	Noticing Emotional Triggers <i>Mindfulness Practice</i> - Working with Difficult Emotions
Session 7: December 15	Handling Conflicts Skillfully <i>Mindfulness Practice</i> - Mindful Breathing
Session 8: December 18	Nurturing Compassion <i>Mindfulness Practice</i> - Loving Kindness

For more information, please contact us:
jumpetobicoke@ywcatoronto.org
647.354.2618.

Register early, space is Limited.

**Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time. Your Permanent Resident card or immigration documentation will be required to register.*



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