

JOIN US

OACAO 2026 WEBINARS CAPACITY BUILDING



This is a FREE Webinar for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers. Participation can be done Virtually (with live multilingual captioning) or by Telephone.

Join us for the next Capacity Building Workshop

MINDFUL SELF-CARE ***A TWO PART INTERACTIVE WORKSHOP***

Join us on December 4th and 11th for a mindful self-care workshop series with Jessica Lemieux (MSW). Jessica is a therapist and trauma informed meditation teacher with over 20 years of experience in the mental health field. These sessions will teach participants how to understand and recognize cues from their nervous system and how to ease and release stress activation.

Jessica will teach us several micro-practices that can be done while at work or home that will help us shift from fight, flight and flee responses and back into a more regulated state. Participants will be guided through a series of gentle movement, breathwork and meditation practices during the workshops- so simply attending these sessions will be an act of self-care!



Presented by



December 4th
10:00- 11:00 am

Please register in Advance

<https://oacao.wildapricot.org/event-6859944>

For More information contact the OACAO



905-584-8125 or
Toll Free 1-866-835-7693



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Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



Funding provided by:

