Every Monday, Tuesday, Wednesday and Thursday at 8pm

The current pandemic is causing unprecedented levels of stress and anxiety in our workplace. Drop in and learn short mindfulness practices to help find calm in the midst of challenge. Relax, recharge and learn how to incorporate moments of mindfulness into your day. Optional discussion to follow.

From us and for us:
No OHIP numbers are required. This is not treatment or therapy.

Mondays 8-8:30 with Dr Diane Meschino starting March 30th
Email: Diane.Meschino@wchospital.ca for more information or simply join the Zoom session
Join Zoom Meeting: https://zoom.us/j/6132246869   Meeting ID: 613 224 6869

Tuesdays 8-8:30pm with Dr Jennifer Hirsch starting March 24th
Email: Jennifer.hirsch@sinahealth.ca for more information or simply join the Zoom session
Join Zoom Meeting: https://zoom.us/j/148527614   Meeting ID: 148 527 614

Wednesdays 8-8:30pm with Dr Mary Elliott starting March 25th
Email Mary.Elliott@uhn.ca for more information simply join the Zoom session
Join Zoom Meeting: https://zoom.us/j/9482159624   Meeting ID: 948 215 9624

Thursdays 8-8:30pm with Dr Orit Zamir starting March 26th
Email Orit.Zamir@sinahealth.ca for more information or simply join the Zoom session
Join Zoom Meeting: https://zoom.us/j/302330041   Meeting ID: 302 330 041

For individual support, or to suggest an additional time for mindfulness in the week, please contact Dr Diane Meschino at: diane.meschino@wchospital.ca