

MINDFULNESS FOR EVERYDAY LIFE

4-Week Group Mindfulness Program

Virtual Group - Via Webex

Ages 18+

Wednesdays

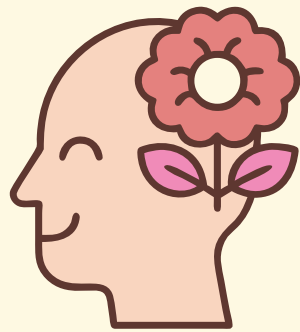
11 am - 1 pm (island time)

August 5 - 26, 2026



Week 1

Building a foundation -
understanding mindfulness



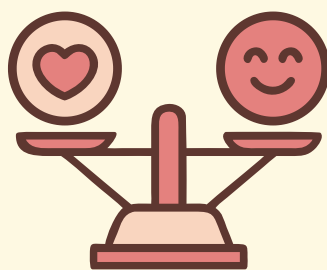
Week 2

How mindfulness can help in
managing stress



Week 3

Coping with emotions and
choosing responses with
mindfulness



Week 4

Mindfully increasing positive and
pleasant experiences in day to
day life

To Register

Email - nlgroups@nlhealthservices.ca

Facilitators - Jackie Butt (Provincial Groups Coordinator
& Nichola Park (Stepped Care Counselor)



NL Health
Services