



HUMBER

Centre for Innovation
in Health & Wellness
Centres of Innovation Network

In collaboration with
HROE and SWEL.

Mindfulness@Humber

What is Mindfulness?

Mindfulness is a way of focusing on thoughts, emotions, and environment free from distraction and judgement.

Practicing Mindfulness builds a skill set to manage stress and anxiety in everyday life.

Mindfulness is for everyone.

Join us for a virtual/ in person session, available throughout the winter semester. All sessions are open to students and staff.

If you are interested in
facilitating a
Mindfulness@Humber
session, please
connect with us at:
CIHW@humber.ca

For available times and to register: Mindfulness@Humber