



# MINDFULNESS EVERYDAY®

Resources for Conscious Living  
[www.mindfulnesseveryday.org](http://www.mindfulnesseveryday.org)

## Monthly Grad Meet-Up

**Location:** Canadian Academy of Therapeutic Arts, 120 Newkirk Ave. Unit 12

**Dates:** last Tuesday of the month, for this month September 25th

**Time:** 7:15 p.m. to 9:00 p.m. (please arrive by 7:05 to register)

**Cost:** \$20 for the evening

**Who Can Attend:** Grads of an MBSR or MBCT or SmartEducation workshops are welcome.

It's an opportunity to connect with friends, meditate with support of a group, learn, laugh and have fun. This fall the on-going theme will be 'Self-Acceptance, Self-Compassion, and Self-Care'—exploring the building blocks which enable us to move out into the world as a grounded, kind, connected, joyful and effective, 'best versions' of ourselves. Each month we'll look at a different aspect of the subject. Over a period of some months I hope to have introduced a number of new skills and ideas which can help us move in the direction of discovering and being our best selves.

Please RSVP to Naomi to reserve a spot.

[naomi@mindfulnesseveryday.org](mailto:naomi@mindfulnesseveryday.org) | [nnurgitz@gmail.com](mailto:nnurgitz@gmail.com)

tel: 905-884-6706

Naomi Nurgitz J.D.

Mindfulness Based Stress Reduction Workshops (MBSR)

The Mindful Edge (Stress Reduction & Life Strategies for Teens)

SMART (Stress Management And Relaxation Techniques for Educators & Helping Professionals)