

Looking to connect with other front-line staff working in the Developmental Services sector?

Come connect with your peers, practice self care, and celebrate successes

We are inviting front-line staff to participate in weekly, free online drop-in sessions: **Thursdays 7:30-8:30pm or Fridays 10-11am (EST)**

Sessions will include:

- Guided mindfulness exercise
- Teachable moments for coping and stress management
- Information sharing and discussion of emerging issues
- Time to connect with peers

For information about programs and services at CAMH, please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273)

Questions? Email DSStaff.Study@camh.ca or call 416-535-8501 x 37822

Interested? Register at: <https://dspdropin.Eventbrite.ca>

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mental health is health

