

**Mindfulness Without Borders:  
A group for September high school students**

Do you feel swept up in your emotions or thoughts? SCDSB students who are in Grades 9 to 12 are invited to join us for a virtual three-session program focused on mindfulness basics, gratitude and compassion.

If interested, please email [studentwellness@scdsb.on.ca](mailto:studentwellness@scdsb.on.ca) or call 705-734-6363 ext. 11987 and provide your name, contact information to learn more.