



Anxiety Disorders Association of Ontario

153 Chapel Street, Ottawa, ON. K1N 1H5
613-729-6761 Toll Free: 1-877-308-3843
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Website: www.anxietydisordersontario.ca

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Drop-In Mindfulness & Relaxation Program



Each week an ADAO Facilitator will guide participants in the drop-in program through a series of breathing, mindfulness, meditation, and relaxation skills and techniques.

Participants are encouraged to register for each evening as participation will be limited to 15 individuals.

Please dress comfortably. Bring water and a yoga mat (if you have one)

**Classes are held
every
Monday
from 6:30 to 7:30 pm**

**Cost
1 class, \$12
4 class pass, \$40
12 class pass, \$100**

**Location
153 Chapel Street**

NOTICE

**The Drop-In will not be running during
July and August
but will be restarting in
September 2011**

**For further information please visit
www.anxietydisordersontario.ca/programs
To register please call (613) 729-6761**