

# **FASD Centre**

**During the month of January, the FASD program included an exciting segment to our Friday schedules: a mindfulness and relaxation group led by John Mitchell, who has a private therapeutic practice.**

**Initially, John was to join us for the month of January; however, he graciously accepted our offer to extend the group into the month of February.**

**This new group has engaged our clients and given them something to look forward to in this time of uncertainty with omicron rapidly rising.**

**In the mindfulness group, our clients are learning mindfulness skills to help manage everyday stress, anxiety, and depression, as well as being able to understand the co-morbidity of living with FASD.**

**Submitted by**

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