

ETFO's Social Justice & Equity Committee Presents:

Befriending Ourselves – With Mindfulness & Self-Compassion
for greater ease, joy, and calm in our daily lives

Learn how to decrease stress and worry, tame your inner critic, and
practice self-compassion.

with Mindfulness Facilitator Carla Waites, former WRDSB ETFO Member



- Who:** All ETFO-YR members (permanent contract teachers)
Date: Thursday, April 30, 2026 at 4:30pm
A light dinner will be provided
Location: ETFO-YR Office; 30 Eric T. Smith Way Aurora (lower level)
Space is limited to 30, so register EARLY!

“EMAIL ONLY” REGISTRATION PROCESS

Please email your **NAME, SCHOOL, PHONE NUMBER, PERSONAL/NON-BOARD EMAIL ADDRESS, DIETARY REQUIREMENTS (RELIGIOUS or MEDICAL only)** and the **NAME and DATE OF THE PRESENTATION** to Catherine Sohl at csohl@etfo-yr.on.ca no later than **3pm on April 17, 2026**. We will then conduct a draw for the participants if the number of applicants exceeds the workshop's registration capacity. You will receive confirmation of your registration by personal/non-board email.

Attention: please make sure your email filters will allow email from csohl@etfo-yr.on.ca