



MELBOURNE CENTRE FOR
MINDFULNESS

Finding Shelter in the Storm of COVID-19

Doctors are experiencing uncertainty, fear, anxiety and stress in the challenge of the current health crisis

An invitation to medical practitioners to join us online to learn more about mindfulness as a tool for living in these difficult times.

How can we find a way to take care of ourselves, to care for our patients and for those we love in the midst of Covid-19?

Join us for the first of a series of online weekly sessions led by

Tony Dunin, mindfulness teacher and orthopaedic surgeon,
and

Linda Kader, psychiatrist & psychotherapist, insight meditation practitioner

When: 9.30 – 10.30am Saturdays until further notice

Cost: free

Numbers limited - registration required.

How to register: email to enquiry@mcfm.com.au

You will be sent the URL for this Zoom meeting.

We will also send you a list online guided meditation practice groups held live on Zoom during the week.

You do not need to download Zoom to be a part of this workshop.

www.mcfm.com.au