

# Professional Development Series

November 2021



---

# Cultivating Joy Through Gratitude

Gratitude is described as an affirmation of goodness. Research shows the powerful benefits of a gratitude practice on mood, sense of happiness and stress levels. This session will offer some simple daily gratitude practices that will reorientate our minds towards the positive aspects of our lives and away from stress and anxiety. This interactive experience will allow time for us to share our experiences. Let's open ourselves up to more joy together!



Facilitator: Sam is a York University social work student doing her placement with PAC & EH. Originally a Volunteer with PAC & EH, Sam also has hospitality, yoga and mindfulness backgrounds. Always looking for ways to incorporate mind/body awareness into her daily life, Sam has found that gratitude practices have enhanced her resiliency to stress!

---

Via Zoom

Wednesday, November 3, 2021 | 6:00 p.m. - 7:30 p.m.

Register with Sunni Rochelle at [sunnir@philipazizcentre.ca](mailto:sunnir@philipazizcentre.ca)

---

LEARN. CONNECT. CARE.