

Within you there is a stillness and a sanctuary to which you can retreat at anytime and be yourself  
Hermann Hesse



## Relaxation, Guided Meditation or Restorative Yoga

Free options for North Shore Residents living with side effects of cancer, advanced illness or grieving the loss of a loved one.

Group is offered through the **Family Services of the North Shore** Companionship Community Care Program.

### Relaxation & Guided Meditation

**When:** Thursdays– October 13, November 3, 10 and 24  
Fridays– October 28, November 18 and December 1  
**Time:** 9:20 or 10:20 am

### Restorative Yoga

**When:** Thursday, October 20 and Friday, December 16  
**Time:** 9:45—11:30 am  
**Where:** Mollie Nye House  
940 Lynn Valley Road, North Vancouver

### Register

Call 604.985.8713 or email [quenneville@familyservices.bc.ca](mailto:quenneville@familyservices.bc.ca)  
Pre-registration is required.

Family Services of the North Shore  
#203 -1111 Lonsdale Avenue  
North Vancouver, BC V7M 2H4  
Phone: 604-988-5281  
Fax: 604-988-3961

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



*Caring for our Community*