

What to Do When Crisis Strikes Series  
**MINDFULNESS AND MEDITATION  
PRACTICES IN TIMES OF CRISIS**



**WEDNESDAY, APRIL 1, 2020 | 11:30 AM–12:30 PM (EASTERN TIME)**

**REGISTRATION:** <https://www.imakeanonlinedonation.org/ciaj-icaj/webhealth3en/>

**PRICE:** Free, but it is mandatory to fill the registration form.

**SPEAKER**

**MS. HEATHER CROSS, LAWYER,** [Here + Now](#)

**Moderator:** Lynne Robichaud, Administration and Membership Manager, [CIAJ](#)

**OVERVIEW**

Being a lawyer in this day and age can cause a unique set of stresses that are exacerbated by the changing landscape of COVID-19. How do we continue to live in the present when the future is uncertain? How can we protect our mental health in the face of ever-changing information? Join lawyer and mindfulness teacher Heather Cross to learn some mindfulness and meditation practices that can help you navigate this uncertain time.

**ABOUT**

Heather Cross is a freelance criminal defence lawyer and legal writer, mindfulness instructor, yoga instructor and mother of two boys. She is the owner of the Here and Now Studio in Ottawa ([www.hereandnowstudio.com](http://www.hereandnowstudio.com)), which runs yoga and mindfulness courses, workshops and retreats, as well as workshops on topics such as sleep issues and cooking.

Heather facilitates mindfulness courses for law students at the University of Ottawa law school, with the Ottawa Mindfulness Clinic, and mindfulness groups for correctional, probation and parole officers, with the Center for Mindfulness in Public Safety.

**NOTE**

A link to the webinar platform and a password will be sent by email 48 hours prior to the event. It is recommended to test the platform beforehand.

<b>BROADCAST TIME ACROSS CANADA:</b>					
<b>PT</b>	8:30–9:30 am	<b>CT</b>	10:30–11:30 am	<b>AT</b>	12:30–1:30 pm
<b>MT</b>	9:30–10:30 am	<b>ET</b>	11:30 am–12:30 pm	<b>NT</b>	1:00–2:00 pm

*This webinar was prepared in collaboration with:*

