

A Mindful Approach to Mental Health

June 11, 2025

1:30-3:00pm MDT

Mindfulness helps restore wellness and healthy function following illness, injury, and disability. Mindfulness is widely adopted by experts and therapies to enhance individual progress. The Mindful Rehab Group specializes to address issues related to mood, cognition, pain, daily function, work, relationships trauma, and more.



Learning Outcomes:

- How mental health concerns develop from disconnection
- Mindfulness for internal wellness: mind and body
- Example Mindfulness practices to facilitate progress

Speakers:

Logan McColl, Mental Health Occupational Therapist, Mindful Rehab Group, Founder and Clinical Director, working with First Nations people in various capacities over the past 12 years - assisting individuals, collaborating with Elders providing care, witnessing and participating in spiritual practices (circles, smudges, sweats)



Target Audience: Adults, Health Professionals, Stakeholders (e.g., service groups/agencies, case manager)

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22214>

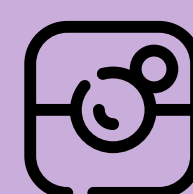
To access this session from zoom:
<https://fntn.zoom.us/j/84369478452>
Meeting ID: 843 6947 8452
Passcode: 166635

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 843 6947 8452
Passcode: 166635



First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FIRSTNATIONSTELEHEALTHNETWORK

To join via internet browser

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 843 6947 8452

3. Passcode: 166635

4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 843 6947 8452

3. Passcode: 166635

4. Choose "download and run Zoom"

5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

7. You will now join the webinar, by default all attendees of the webinar are muted.