



CENTRE FOR  
Mindfulness  
Studies

We Create Communities of Well-Being that  
Empower People and Enrich Society



**impact**report  
2011 to **2018**

# OUR ACCOMPLISHMENTS

“ The Centre is a mental health charity and leader in developing and providing group mindfulness programs, and training professionals to teach them. Our goal is to expand access to those most in need, to lead change and bring mindfulness as a healthcare service to diverse populations.

**Barry Patterson, Executive Director**

Delivered MBCT program to 500+ marginalized clients in social housing and/or referred by agencies, unstably housed clients of PARC, and marginalized seniors.

**Funders:** Housing Services Corporation; Robert Kerr Foundation; New Horizons for Seniors; Bell Canada

Trained 25 frontline workers from 11 agencies in Toronto, and 30 guidance counsellors in the Philippines to deliver mindfulness-based treatment program to 500+ clients.

**Funders:** Ontario Trillium Foundation; Toronto Local Health Integration Network; Ontario HIV Treatment Network, Grand Challenges Canada

Received funding to launch a 3-year Trillium Grow project to train 60+ frontline workers from 20+ new social service agencies in Toronto in integrated Mindfulness-Based Wellness and Mindfulness-Based Intervention programs for 1200+ marginalized youth.

**Funder:** Ontario Trillium Foundation

Trained 40 frontline workers from 15 agencies to deliver Mindfulness-Based wellness programs to 300+ of their co-workers.

**Funders:** Ontario Trillium Foundation; The Ontario HIV Treatment Network

Successfully piloted Mindful Peer Leadership Program (train-the-trainer peer program for 20+ clients/community members from 5 agencies) to provide mindfulness practice support program to 210 agency clients.

**Funder:** Ontario Trillium Foundation

Launched Bursary Program for low-income individuals suffering from mental health and/or physical health conditions.

Supported by 4th Box Foundation

2016

- Introduced Mindfulness Booster for individuals to advance their practice.
- In collaboration with the Centre for Mindful Self-Compassion launched MSC Facilitation training in Canada.

2014

- Launched Mindfulness-Based Stress Reduction (MBSR) programs.
- Launched Mindful-Self-Compassion (MSC) programs.
- Launched MBSR Facilitation Certificate to train professionals to teach.

2013

2012

2011

- Launched Mindfulness-Based Cognitive Therapy (MBCT) programs.
- First in Canada to offer MBCT Facilitation Certificate to train healthcare professionals to teach.

“ The Centre is dedicated to growing and helping the community. Anybody that attends a program is valued, no matter who they are.

**Goshia, PARC Co-op Credit Program, Bursary recipient, and Volunteer**

More than  
**10,000**  
 people have  
 taken a program  
 from The Centre  
 to help treat  
 depression,  
 anxiety or stress



## OUR IMPACT

- 1000+** bursaries given to those in need to attend a MBCT, MBSR, or MSC program
- 40+** social service agencies have accessed our programs for their frontline workers and clients
- 125+** professional facilitators certified through the MBCT & MBSR Certification programs



- 1 of only 3** organizations in North America and the only Canadian centre offering certified professional mindfulness facilitator training
- 2000+** individuals have taken part in our community services programs
- 500+** mindfulness-based programs have been delivered since 2011 – Beginning with 12 in 2011 and growing to 107 in 2018

“  
 Receiving a bursary to attend a program at The Centre was a life changing moment. Understanding and practicing Mindfulness-Based Cognitive Therapy has been one of the most important learning experiences in my life.”



**PARTICIPANT**  
 MBCT PROGRAM

“  
 I am truly grateful for the Centre and the work they do in Regent Park. By making mindfulness accessible, it connects us in positive ways and helps us build community.”



**FRANCIS**  
 COMMUNITY PROGRAM  
 PARTICIPANT, 40 OAKS

“  
 It's fulfilling to be able to learn a strategy that I can then pass onto my clients who struggle with anxiety and depression. I feel mindfulness has helped me become a better clinician.”



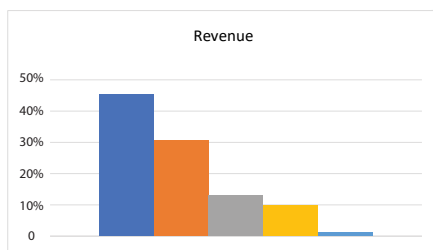
**FRONTLINE WORKER**  
 SOCIAL SERVICE AGENCY

# COMMUNITY PARTNERS & BENEFICIARIES 2018

Arrabon House  
Dixon Hall Community Services  
East Metro Youth Services  
Fife House  
Inner City Health Associates  
LOFT Community Services  
MLSE Launchpad  
Newcomer Women's Services Toronto  
Out of the Cold of Beth Sholom Synagogue  
Parkdale Activity-Recreation Centre (PARC)  
Parkdale Queen West Community Health Centre  
Sheena's Place  
Sistering  
SKETCH Working Arts  
Springboard Community Services  
St. Joseph Health Centre  
Stella's Place  
The 519  
West Neighbourhood House  
40 Oaks

## FINANCIALS

April 1, 2018 to March 31, 2019



Professional Development Programs	632,521	45%
Personal Programs	426,264	31%
Fundraising	183,039	13%
Grants	137,271	10%
Other	17,331	1%
<b>Total</b>	<b>\$1,396,426</b>	<b>100%</b>

Charitable Activities	1,155,783	92%
Management & Admin	68,364	5%
Fundraising	29,452	2%
<b>Total</b>	<b>\$1,253,599</b>	<b>100%</b>

## THANK YOU

### TEAM

#### Board Members

Ana Serrano  
Barry Boyce  
Barry Watson  
Eithne McCredie  
Jeff Smith  
Joanne McLean  
Michael Bunston  
Nicholas Parker  
Paul Woolner

#### Staff

Barry Patterson  
Cassandra Cornacchia  
Jennifer Jeffery  
Jeremy Finkelstein  
Kat Estacio  
Laurie Arron  
Leysa Cerswell Kielburger  
Marija Miskovic  
Mylene Seguin  
Patricia Baron  
Patricia Rockman  
Theo Amory

### DONORS

#### Grants & Foundations

Fourth Box Foundation  
Grand Challenges Canada  
Ontario Trillium Foundation  
The Poile Family Foundation  
The Read Elliot Family Foundation  
The Wesley & Mary Nicol  
Charitable Foundation

#### Donors (\$1,000+)

Carla Serrano  
Chris Germer  
Darren Higgins  
Evan Collins  
Joanne McLean  
Martine Irman  
Michael Bunston  
Patricia Rockman  
Paul Woolner  
Richard Spandlick  
Tita Angangco

#### Volunteers

Amit Kehar  
Amy Ness  
Andrew Adams  
Ann Dugan  
Anna Boyce  
Blaine Little  
Goshia Stachowiak  
Julie Jarvis  
Kim Ronaline Salvador  
Lama Rod Owens  
Marielli Rodriguez  
Roberta Mohler  
Tianna Therriault  
Tim Warner  
Tita Angangco

#### Mindfulness Challenge Fundraisers (\$2,500+)

Barry Patterson  
Elaine Orsini  
Heather Reid  
Ian Singer  
Jeremy Finkelstein  
Jo Bennett  
Joanne McLean  
Kunal Gupta  
Laurie Arron  
Lisa Duranleau  
Meredith Fellowes  
Patricia Rockman  
Shawna Perlin  
Tita Angangco