



# MINDFULNESS FOR MENTAL HEALTH

Mindfulness is a way of paying attention to whatever is happening in our lives in the present moment. When we connect with the present, we become aware of habitual patterns of thought, emotion, and behaviour, allowing for a more skillful response.

The benefits of meditation and mindfulness-based therapies are supported by a growing body of evidence.

## Benefits Include

- Depressive relapse prevention
- Stress reduction
- Coping with anxiety
- Increased capacity to focus
- More cognitive flexibility
- Reduced rumination
- Less emotional reactivity
- Improved resiliency

## About Us

The Centre is the leading professional development and service delivery organization for mindfulness-based programs in Canada.

Our highly-trained faculty is led by Patricia Rockman MD. It includes Zindel Segal PhD, one of the co-developers of MBCT, and Susan Woods MSW.

## Contact Us

1 888 637 9186  
info@mindfulnessstudies.com

## Find Us

180 Sudbury St. Toronto ON  
Near Queen West and Dufferin

East and North Toronto, Guelph ON, Ottawa ON,  
Montreal QC, and British Columbia or online

[mindfulnessstudies.com](http://mindfulnessstudies.com)



CENTRE FOR  
Mindfulness  
Studies



# COMMUNITY ENGAGEMENT

**When you support us, you support our charitable work.**

We are a mental health charity and social enterprise. By participating in our programs, you are helping to build stronger and healthier communities.

Our Community Program delivers mindfulness-based mental health programs in communities that need it the most.

We work with social service agencies, healthcare partners, and other non-profits across the GTA to deliver mindfulness groups to those in need, and the frontline workers who serve them. We also offer bursaries for people interested in mindfulness-based therapy but who cannot afford the full fee.

15  
in 5

Canadians is affected by a mental health problem

Reference: Mental Health Commission of Canada 2013.

# PROGRAMS FOR WELL-BEING

## Depressed, Stressed or Anxious

We deliver effective, affordable, and evidence-based mindfulness therapy for anxiety, depression, and stress through group programs

Mindfulness-Based Cognitive Therapy (MBCT)\*  
Mindfulness-Based Stress Reduction (MBSR)\*  
Mindful Self-Compassion (MSC)

Our programs are supported by OHIP and covered by most third-party insurance plans.

## Introductory Workshops

If you are interested in learning the basics, try a half-day or a full-day workshop for beginners.

## Expand your Practice

We offer practice support programs, which are designed for program participants and graduates but are open to all.

Weekly drop-ins      Mindfulness Booster  
Silent Retreats      Mindfulness Skills Dev

## Register Online

\*program also offered online

[mindfulnessstudies.com](http://mindfulnessstudies.com)

# PROFESSIONAL DEVELOPMENT

## Continuing Education Courses

Learn to incorporate mindfulness in your profession:

Mindfulness Core Concepts\*      MBCT Basics\*  
MSC Teacher Training Intensive      CBT Primer\*

## Training to Teach Mindfulness

Our internationally recognized facilitation certificates:

### MBCT Certification

Prerequisites: 8 week MBCT program, MBCT Basics\*

MBCT Intensive Training & Retreat  
MBCT Practicum      CBT Primer\*  
Inquiry Essentials      Mentorship

### MBSR Certification

Prerequisites: 8 week MBSR program, Mindfulness Core Concepts\*

MBSR Intensive Training & Retreat  
Mentorship      Inquiry Essentials

### Advanced Certification

Advanced Teacher Training Intensive  
Mentorship

Most courses are accredited by The College of Family Physicians of Canada for Mainpro + credits.

