

MINDFULNESS PROGRAMS

Where to go when you're looking for help

Updated: February 2024

Mindfulness is about being aware and present in the moment, with acceptance and without judgment. It is a practice that involves paying attention to your surroundings and noticing or observing your emotions, thoughts and how your body feels. Mindfulness reduces stress and anxiety, increases focus and attention, promotes a sense of calm, enhances self-awareness and improves sleep.

Types of Mindfulness Programs

Mindfulness-based stress reduction (MBSR) can help with chronic pain, anxiety and panic, job or family stress and high blood pressure. It involves yoga, body scans (lying down), simple stretches, posture and sitting, and walking meditation. In between sessions, people do their own daily mindfulness practice.

Mindfulness-based cognitive therapy (MBCT) combines cognitive therapy methods with mindfulness and mindfulness meditation. It teaches people to focus on accepting and observing their thoughts without judging them so that their reactions become less automatic. It can help depression, anxiety, addiction and other conditions.

Mindfulness-based relapse prevention (MBRP) helps people avoid relapse to addictive behaviours such as substance use and gambling problems. It has the same objectives as other mindfulness programs and uses the same mindfulness practices, such as mindful eating, body scans, mindful breathing and mindful walking.

Community-Based Mindfulness Programs in the GTA

Visit Mindfulness Toronto (mindfulnessstoronto.net) and click “Resources” to see more resources.

Centre for Mindfulness Studies

180 Sudbury Street, Toronto

www.mindfulnessstudies.com

Tel.: 647 524-6216

info@mindfulnessstudies.com

Services: Mindfulness-based programs that focus on self-compassion, anxiety and depression, eating awareness training, meditation training for adults with ADHD; cognitive-behavioural therapy; chronic pain management

Eligibility: Adults with mental health or chronic medical conditions such as anxiety, depression, ADHD, insomnia, eating disorders, addiction, chronic pain

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

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Referral: Call, email or see website for information; bursary applicants must be referred by a physician, therapist or social worker; see referral form online

Fee: Varies by program; some programs may be covered by extended health insurance: costs are \$520 for eight-week in-person mindfulness-based cognitive therapy program and \$468 for online program; \$80 for half-day Mindfulness for Beginners course and \$150 for full-day course

Dr. Heidi Walk – Mindfulness Meditation

390 Dupont Avenue, Suite 201, Toronto

<https://heidiwalk.com>

Tel.: 416 652-7337

info@heidiwalk.com

Services: Mindfulness-based stress reduction group, conscious living group, mindful self-compassion, retreats, yoga and meditation classes

Referral: Physician referral preferred

Fee: \$200 for materials and services (not covered by OHIP)

Indigenous Network

208 Britannia Road East, Unit 1, Mississauga

<https://theindigenousnetwork.com/programs-services>

Tel.: 905 712-4726

info@theindigenousnetwork.com

Services: Sharing circles, sweat ceremony, other forms of Indigenous meditation

Eligibility: Indigenous and non-Indigenous people welcome

Referral: None

Fee: Free

Meditation for Health

316 Dupont Street, Toronto

<https://meditationforhealth.com>

Tel.: 416 413-9158

info@meditationforhealth.com

Services: Nine-week mindfulness-based stress reduction group: part 1 is a two-hour orientation and one weekly three-hour session on a weekday for five weeks; part 2 is one weekly three-hour session on a weekday for four weeks and one day of mindfulness (6.5 hours on a Saturday); telephone support between sessions

Eligibility: People seeking self-care for anxiety, sleep problems, chronic pain and other stress-sensitive symptoms

Fee: \$195 for part 1 and \$295 for part 2 for materials and other non-OHIP services; remainder covered by OHIP if referred by doctor

Mindful Mood Centre

2243 Queen Street East, 2nd floor, Toronto

www.mindfulmood.com

Tel.: 416 686-2138

drginnymcfarlane@gmail.com

Services: In-person and online structured workshops to help people deal with anxiety and depression; includes Mindful Living workshop (for people who are well but have a history of anxiety, depression or adjustment disorder) or Compassionate Living workshop (for people with anxiety, depression or adjustment disorder)

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Eligibility: Must be in individual therapy to be in a group

Referral: See website for referral form

Fee: Sessions covered by OHIP, except for \$60 fee for handouts; fees for missed sessions

Mindfulness Clinic

700 Bay Street, Suite 2200, Toronto

www.themindfulnessclinic.ca

Tel.: 416 847-7118

info@themindfulnessclinic.ca

Services: Group classes, workshops, mindful psychotherapy; half-day mindfulness workshop

Fee: Varies by program: half-day mindfulness workshop is \$99 for one person and \$149 for two people

Mindfulness Everyday

20 Guildwood Parkway, PH03, Scarborough

www.mindfulnesseveryday.org

Tel.: 416 267-4707

info@mindfulnesseveryday.org

Services: Mindfulness-based stress reduction workshops, educational retreats, mindful parenting, mindfulness-based stress reduction for teens

Fee: Cost varies by program: Mindfulness-based stress reduction workshop is \$385 (cheaper if you register early)

NeuroNova Centre for Mindful Solutions

75 The Donway West, Suite 1403, Toronto

<https://neuronovacentre.com>

Tel.: 416 461-4333

team@neuronovacentre.com

Services: Trauma-informed mindfulness-based chronic pain management course; professional training; personal and patient courses; resources and retreats

Referral: Physician referral

Fee: Course material is about \$94, workbooks are \$45–\$50

START Clinic for Mood and Anxiety Disorder

32 Park Road, Toronto

www.startclinic.ca/services/mindfulness-based-stress-reduction-cognitive-therapy-groups

Tel.: 416 598-9344

administrator@startclinic.ca

Services: Mindfulness-based stress reduction and cognitive therapy groups; the mindfulness program includes a weekly two-hour session for eight weeks and one six-hour day of mindfulness; other services include clinical services, naturopathic medicine, psychiatric and psychological assessment, individual therapy, group therapy

Eligibility: Age 18+

Referral: No referral needed

Fee: \$560 sign-up fee; not covered by OHIP

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Toronto Mindfulness Community

Presbyterian Church, 662 Pape Avenue (side entrance), Toronto

www.torontomindfulnesscommunity.org

torontomindfulnesscommunity@gmail.com

Services: Mindfulness practice every Friday at 7:00 pm (in-person and online); mindfulness courses and retreats; four-week mindfulness-based stress reduction course

Eligibility: Everyone welcome

Fee: By donation (according to your means)

Women's Health in Women's Hands

2 Carlton Street, Suite 500, Toronto

www.whiwh.com/mental-health-services

Tel.: 416 593-7655

info@whiwh.com

Services: Brief counselling strategies (CBT, solution-focused, mindfulness, arts-based), groups and workshops on stress reduction and meditation

Eligibility: Racialized women agee 16+ from African, Caribbean, Latin American and South Asian communities; must be registered as a client

Hospital-Based Programs in Toronto

Hennick Bridgepoint Hospital – Sinai Health

1 Bridgepoint Drive, Toronto

www.hennickbridgepointhospital.ca/en/what-we-do/Outpatient-Care.asp

Tel.: 416 461-8252 ext. 2371

Services: Mindfulness-based stress reduction program combining Eastern practices of meditation and exercise with Western understandings of stress; patients meet once a week over nine weeks

Fee: Small fee (contact the program for details)

North York General Hospital – Mindfulness-based Cognitive Therapy

343 Wilson Avenue, Suite 301, Toronto

www.cognitivetoronto.com/mbct

Tel.: 416 515-7741

Services: Eight-week mindfulness-based cognitive therapy offered virtually on Thursdays, 4:00 pm–6:15 pm

Eligibility: People who have had depression but are not currently depressed, or people with symptoms of depression, anxiety or difficulties with stress, insomnia, chronic pain

Referral: Physician should fax referrals to 416 515-0241; assessment will follow

Fee: Mindfulness-based cognitive therapy covered by OHIP

Toronto General Hospital – MBSR Program

Peter Munk Building, 11th floor, Room 100E, Toronto

www.uhn.ca/Transplant/Kidney_Transplant_Program/Transplant_Surgery/Kidney_Transplant_Guide/Documents/Mindfulness_application_form.pdf

Tel.: 416 340-4452

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Services: Eight-week course for patients, family members and staff with symptoms that are causing life distress; offered Monday afternoons and Monday evenings

Eligibility: Must be a University Health Network patient; see link above for application form

Fee: \$75

Mindfulness Programs Outside the GTA

Visit the Mindfulness Toronto website (mindfulnessstoronto.net), and click “Resources” for more information.

Center for Inner Freedom

74 Cedar Pointe Drive, Unit 1006, Barrie

www.centerforinnerfreedom.com/program-details

Tel.: 705 722-7170

centerforinnerfreedom@gmail.com

Services: Eight-week mindfulness-based stress reduction program, nine-week mindful cognitive-behavioural therapy program, eight-week stress reduction program

Referral: Call to arrange an orientation interview

Fee: Covered by OHIP, no material costs

Mindfulness Arts Blog

<https://mindfulnessarts.org/blog>

mindfulnessartsnonprofit@gmail.com

Services: Home practice program; links to mindful meditations and support through articles, teleconferences, videos and MP3s

Fee: By donation

Mindfulness at CentrepoinTE

261 CentrepoinTE Drive, Nepean

www.mindfulnessatcentrepoinTE.com

Tel.: 613 226-5050

info@mindfulnessatcentrepoinTE.com

Services: Mindfulness-based stress reduction, mindful self-compassion, mindfulness-based cognitive therapy, mindfulness retreat days, mindful eating workshops

Fee: Vary by program

Mindfulness SWO

www.mindfulnessswo.ca

drjillianmacdonald@protonmail.com

Services: Virtual mindfulness-based stress reduction courses; reading material on mindfulness and chronic pain, depression, anxiety, emotional regulation and neuroscience

Eligibility: Physician referral and pre-screening questionnaire required

Fees: Courses covered by OHIP

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Mindfulness Apps

Headspace

Available for iOS and Android

Description: Guided meditations, courses and exercises on stress, general anxiety, worry and building resilience

Cost: Free app, with monthly or yearly subscription options ranging from \$18 to \$90

Healthy Minds Program

Available for iOS and Android

Description: Mindfulness and well-being training organized into four pillars: awareness, connection, insight and purpose; podcast-style app

Cost: Free

Insight Timer

Available for iOS, Android, and web

Description: Over 80,000 free guided meditations from over 10,000 teachers on topics including stress, relationships, healing, sleep and creativity

Cost: Free; additional costs ranging from \$60 a year to access more courses, download meditations and list offline

Mindfulness.com

Available for iOS, Android and web

Description: Over 2,000 guided meditations including mindfulness exercises to help with sleep, stress, anxiety, focus and calm

Cost: Free; additional costs ranging from \$85 per year for premium features

Smiling Mind

Available for iOS, Android and web

Description: Meditations organized into structured programs, including mindful foundations, sleep, digital detox and stress management; meditations range from 5 minutes to 15 minutes

Cost: Free

UCLA Mindful

Available for iOS and Android

Description: Meditations in English and Spanish; short sessions range from 3 minutes to 19 minutes, longer meditations are called podcasts

Cost: Free

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