

MINDFULNESS PROGRAMS

Where to go when you're looking for help

What is mindfulness?

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. Anyone can practice mindfulness.

Benefits of mindfulness include:

- increased focus and attention
- reduced stress
- less anxiety
- a greater sense of calm.

Types of Mindfulness Programs

Mindfulness-based stress reduction (MBSR) is a program developed by Jon Kabat-Zinn and colleagues at the University of Massachusetts Medical School. The eight-week program aims to help people manage stress. It has been used for many conditions, including chronic pain, anxiety and panic, job or family stress and high blood pressure. The approach teaches mindfulness in eight weekly sessions that include yoga, body scans (lying down) and sitting and walking meditation. In-between sessions, participants use CDs to help with their own daily mindfulness practice. The program incorporates a day-long meditation at the end.

Mindfulness-based cognitive therapy (MBCT) was developed by psychologists as a way to help people stay well. It combines cognitive therapy methods with mindfulness and mindfulness meditation. The goal is to teach people to focus on accepting and observing their thoughts without reacting or judging them so that reactions become less automatic. It can be helpful with depression or anxiety, addictions and other conditions.

Mindfulness-Based Relapse Prevention (MBRP) is an eight-week mindfulness-based program developed to help people avoid relapse to addictive behaviours, specifically substance abuse. It was then adapted for people with gambling problems. It is similar to the MBSR and MBCT programs: the objectives of the lessons are alike, as are the mindfulness practices being taught, such as mindful eating, body scans, mindful breathing and mindful walking.

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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Community Mindfulness Programs in Toronto

Visit the Mindfulness Toronto website (mindfulnessstoronto.net), and click “Find a program” for a listing of other mindfulness programs in the city.

The Centre for Mindfulness Studies

180 Sudbury St., unit C2, Toronto, ON

www.mindfulnessstudies.com

647 524-6216

Services offered: Mindfulness-based therapeutic programs, including self-compassion, coping with 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 health conditions such as anxiety, depression, ADHD, insomnia, eating disorders, addiction or chronic pain

Referral: Call, e-mail or visit the website for information; bursary applicants must be referred by physician, therapist or social worker; referral form available online

Fee: The fees vary based on program, and some may be covered by extended health insurance: costs are \$520 for an eight-week MBCT program, \$468 for an online eight-week MBCT program, \$80 for a half-day Mindfulness for Beginners course and \$150 for a full-day Mindfulness for Beginners course

The Etobicoke Children’s Centre

65 Hartsdale Dr., Etobicoke, ON

www.etobicokechildren.com/group-services

416 240-1111 ext. 2315

Services offered: 10-week MBSR for parents and children

Eligibility: Parents/caregivers and children who experience ongoing stress individually and in their relationship; must be a client of the centre

Referral: Sessions are offered in the fall, winter and spring, please call for start dates; pre-registration is required and only one child per family may attend the child group

Fee: Free

Note: Light supper is provided; groups start at 5:15 p.m.; some childcare is available with advanced notice

Dr. Heidi Walk – Mindfulness Meditation

390 Dupont Ave., suite 201, Toronto, ON

heidiwalk.com

416 652-7337

Services offered: MBSR group, retreats, yoga and meditation classes

Referral: Referral from a physician is requested

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

Meditation for Health

720 Spadina Ave., suite 509, Toronto, ON

meditationforhealth.com

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416 413-9158

info@meditationforhealth.com

Services offered: Nine-week MBSR group offered in two parts: part one is a two-hour orientation plus five weekly three-hour group sessions on weekdays, part two is four weekly three-hour group sessions on weekdays and a day of mindfulness (6.5 hours on a Saturday)

Eligibility: People seeking self-care treatment of anxiety, sleep disturbance, chronic pain and other stress-sensitive symptoms

Fee: \$195 for part one, and \$295 for part two for materials and other non-OHIP services; remainder is covered by OHIP if referred by a doctor

The Mindful Mood Centre

2243 Queen St. E., 2nd floor, Toronto, ON

www.mindfulmood.com

416 686-2138

Services offered: Structured workshops to help people deal with anxiety and depression, including a MBCT Mindful Living workshop (for people who are well but have a history of anxiety, depression or adjustment disorder) or a Compassionate Living workshop (for people with anxiety, depression or adjustment disorder)

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

Referral: See website for referral form

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

The Mindfulness Clinic

700 Bay St., suite 2200, Toronto, ON

www.themindfulnessclinic.ca

416 847-7118

Services offered: Group classes, workshops, mindful psychotherapy, a half-day mindfulness workshop for app users

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

Mindfulness Everyday

20 Guildwood Pkwy., PH03, Scarborough, ON

www.mindfulnessseveryday.org

416 267-4707

Services offered: MBSR workshops, retreats, mindful parenting, MBSR for teens, website resources

Fee: Cost varies based on program: MBSR workshop is \$385 (slightly cheaper if you register early)

Mindfulness Meditation Toronto

The Healthy Joint, 540 Mt. Pleasant Rd., 2nd floor, Toronto, ON

www.mindfulnessmeditationtoronto.com

647 391-7172

Services offered: Eight-week core course with Dr. Judy Turner, retreats, corporate programs

Referral: No referral needed

Fee: \$525 for eight-week course

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Mindscape – with Elaine Markowitz

Across Toronto, ON

www.mindscapecs.ca/mindscapecs

416 995-0061

info@mindscapecs.ca

Services offered: Seven-week MBSR group, individual and couple MBSR upon request

Fee: \$400

NNC for Mindful Solutions

1201 Dundas St. E., suite 909, Toronto, ON

neuronovacentre.com

416 461-4333

Services offered: Mindfulness-Based Chronic Pain Management course

Referral: Physician referral required

Fee: Course material is \$93.64, workbooks are between \$45 and \$50

Peel Aboriginal Network

208 Britannia Rd. E., unit 1, Mississauga, ON

www.peelaboriginalnetwork.com/PAN/Services_Programs.html

905 712-4726

Services offered: Programs include Reiki, drumming circles, full moon ceremonies and other forms of Aboriginal meditation

Eligibility: Aboriginal and non-Aboriginal people welcome

Referral: None

Fee: Free

Note: Some programs require advance sign-up

Ryerson University

905 851-5853 (contact: Roy Himtsa)

Services offered: 20-week mindfulness workshop that is two hours per week

Eligibility: People with signs of dementia

Fee: Free

Note: Home practice is a requirement

START Clinic for Mood and Anxiety Disorder

32 Park Rd., Toronto, ON

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

416 598-9344

Services offered: MBSR/cognitive therapy groups; the MBSR program includes eight weekly two-hour sessions and one six-hour day of mindfulness

Eligibility: Must be 18 or older

Referral: No referral needed

Fee: \$560; not covered by OHIP

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Toronto Mindfulness Community

Presbyterian Church, 662 Pape Ave., Toronto, ON (side entrance)

www.torontomindfulnesscommunity.org

torontomindfulnesscommunity@gmail.com

Services offered: Mindfulness practice every Friday at 7:30 p.m. (arrive by 7:20 p.m.), mindfulness courses and retreats

Eligibility: Everyone welcome

Fee: By donation

Toronto Memory Program

1 Valleybrook Dr., suite 402, Toronto, ON

www.torontomemoryprogram.com/stress-reduction

416 386-9761

Services offered: Eight-week MBSR for caregivers

Fee: Course is covered by OHIP; \$100 fee for materials and refreshments

Women's Health in Women's Hands

2 Carlton St., suite 500, Toronto ON

www.whiwh.com

416 593-7655

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

Eligibility: Racialized women who are 16 years and older from African, Caribbean, Latin American and South Asian communities; must be registered as a client

Hospital-Based Programs in Toronto

MBSR and MBCT are used in hospitals and other clinical settings to help patients cope better with chronic illness, pain, depression, stress and anxiety.

North York General Hospital – with Dr. Neil Levitsky, MBCT

343 Wilson Ave., suite 301, Toronto, ON

www.cognitivetoronto.com/MBCT_Group

416 515-7741

Services offered: Eight-week MBCT program offered Tuesdays at the Branson hospital site or Thursdays at the main hospital site

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 referral to 416 515-0241; assessment will follow

Fee: MBCT is covered by OHIP

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North York General Hospital – with Dr. Margittai, PsychSyt

2200 Yonge St., suite 909, Toronto, ON (evening MBSR group)

North York General Hospital, 4001 Leslie St., ground floor, classroom B (afternoon mindfulness-based interventions group for chronic health conditions)

www.psychsyt.ca

416 483-3778

Services offered: Seven-week evening MBSR group, nine-week afternoon mindfulness-based interventions for chronic health conditions

Referral: Download the MBSR referral form for mindfulness-based intervention program; for MBSR program, ask your doctor to fax a completed referral form to intake at 416 756-6671

Fee: \$350 payment for materials; the rest is covered by OHIP

Note: Registrants are expected to attend every session, bring their OHIP card, sign-in at each visit, be punctual, stay until the end of each session and do about 60 minutes of daily “homework” in-between sessions

Toronto General Hospital, MBSR Program

Peter Munk Building, 11th floor, room 100E, Toronto, ON

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

416 340-4452

Services offered: An eight-week course for patients, family members and staff who are experiencing various symptoms that are causing life distress, offered Monday afternoons and Monday evenings

Eligibility: Leave an e-mail or mailing address where they can send you an application

Fee: \$75

Toronto Western Hospital

399 Bathurst Street, 9th floor, east wing, Toronto, ON

www.uhn.ca

416 603-5747

Services offered: 10-week mindfulness-based cognitive-behavioural therapy program modelled after the MBSR program that integrates mindfulness meditation with cognitive-behavioural therapy

Eligibility: People with stress, anxiety and mood-related conditions

Referral: Your family physician or mental health professional can send a referral to the Community Mental Health program at the above address, along with postal code M5T 2S8

Fee: \$75

Mindfulness Programs Outside Toronto

Visit the Mindfulness Toronto website (mindfulnessontario.net), and click “Mindfulness Ontario” for mindfulness programs in Ottawa, Stratford, Hamilton and Halton/Peel.

Catholic Family Services Peel–Dufferin

10 Kingbridge Garden Circ., 2nd floor, Mississauga, ON

60 West Dr., Brampton, ON

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cfspd.com

905 450-1608 ext. 112 (Brampton)

905 897-1644 ext. 201 (Mississauga)

Services offered: A Journey to a Peaceful and Happy Life meditation group and yoga classes at both locations

Eligibility Men and women welcome, no registration required

Referral: No referral required; call the numbers above for time and dates

Fee: Free

Centre for Inner Freedom

74 Cedar Pointe Dr., unit 1006, Barrie, ON

www.centerforinnerfreedom.com/program-details

705 722-7170

Services offered: An eight-week MBSR program and a nine-week mindful cognitive-behavioural therapy program

Referral: Call to arrange an orientation interview

Fee: Free (covered by OHIP, no material costs)

Mindfulness Arts Blog

mindfulnessarts.org/blog

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

Fee: By donation