



2020/2021 Mindfulness-based Programs for Stress, Depression and Anxiety

Mindfulness-Based Therapies & Programs

Our therapeutic programs are partially covered by OHIP and fully covered by most third-party insurance plans.

Mindfulness-Based Cognitive Therapy (MBCT)

MBCT is an evidence-based group program to prevent depression relapse and reduce anxiety. We run 8-week programs with one or more programs starting every month.

Upcoming Start Dates: November 11th (Wed), December 3rd (Thur), January 11th (Mon)

Mindfulness-Based Stress Reduction (MBSR)

MBSR is an empirically-supported 8-week psycho-educational group program to reduce stress. It is designed for individuals suffering from chronic stress, illness and pain. We start programs every month.

Upcoming Start Dates: November 26th (Thur), January 20th (Wed)

Mindfulness Self-Compassion (MSC)

This 8-week program combines the skills of mindfulness & self-compassion for emotional well-being.

Upcoming Start Dates: December 1st (Tue), February 1st (Tue)

Use the discount code **CCAB50** to receive \$50 off an 8-week program online. until January 31*



CENTRE FOR

Mindfulness
Studies

We're the leading professional development
and service delivery organization for
mindfulness interventions in Canada.

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