



Anxious?

Mindfulness helps you

- Reduce stress and anxiety
- Improve mood and working memory
- Prevent relapse of depression
- Develop awareness and resilience
- Enhance focus and concentration

Learn mindfulness in a group program

- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Stress Reduction (MBSR)
- Mindful Self-Compassion (MSC)
- Mindfully-Informed Cognitive Behaviour Therapy (CBT)
- or start with a Beginners' Workshop

**Led by healthcare professionals.
Covered by most extended insurance plans.**

The Centre
for Mindfulness
Studies



We are a mental health charity.
We're the leading organization for mindfulness-based interventions.
Programs in Toronto, Guelph, Ottawa, and more online

Contact Us **(888) 637 9186**
Register Now **MindfulnessStudies.com**