

## **MINDFULNESS RESOURCES**

### **What is Mindfulness?**

Simply defined, mindfulness is about paying attention (to physical sensations, emotions and thoughts), on purpose, without judgement. The goal is to acknowledge and accept reality in the present moment. Supported by an increasing amount of scientific evidence, mindfulness is effective for wide range of conditions, including depression, anxiety, substance use and chronic pain.

Anyone can practice mindfulness, but there are also targeted programs including:

**Mindfulness-Based Stress Reduction (MBSR):** This group program, originally developed by Dr. Jon Kabot-Zinn helps individuals manage stress from chronic physical or psychological conditions. The group is typically offered once a week (2.5 hours) for 8 weeks with one silent meditation retreat on a Saturday. It is an expectation that participants continue to practice mindfulness daily for the duration of the group.

**Mindfulness-Based Cognitive Therapy (MBCT):** This group program combines principles of CBT and mindfulness and is particularly helpful for preventing a relapse of depression and treating mood disorders. The group is typically offered once a week (2.5 hours) for 8 weeks with one silent meditation retreat on a Saturday. It is an expectation that participants continue to practice mindfulness daily for the duration of the group.

**Mindful Self-Compassion (MSC):** This program combines the skills of mindfulness and self-compassion to enhance our emotional well-being. While mindfulness increases our awareness of the present, self-compassion encourages greater kindness and understanding of periods of suffering. It is especially beneficial those who have done other mindfulness programs, but previous experience is not a requirement.

**Mindfulness-Based Relapse Prevention (MBRP):** This group program helps individuals avoid relapse to addictive behaviors, specifically substance use and gambling.

### **Community-Based Programs**

#### **The Centre for Mindfulness Studies**

180 Sudbury Street, Unit C2 Toronto ON; 647-524-6216

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

Offers a wide range of mindfulness-based programs, including MBSR, MBCT and MSC (mindfulness-based self-compassion). Also offers day-long silent retreats and free weekly drop-in meditation sessions.

**Referral process:** Self-referrals welcome. Register online or call.

**Cost:** Depends on the program, but \$520 for the MBSR & MBCT groups. Also offer a [bursary program](#) for those with low-income. See website for details.

#### **The Mindfulness Clinic**

700 Bay Street, Suite 2200, Toronto; 416-847-7118

[www.themindfulnessclinic.ca](http://www.themindfulnessclinic.ca)

Offer mindfulness-based individual psychotherapy as well as groups.

**Referral process:** Self-referrals welcome. Register online or call.

**Cost:** Dependent on the therapist. 8-week groups are \$975.

Disclaimer: This list is not exhaustive and inclusion does not imply specific endorsement.

**Miles Nadal Jewish Community Centre**

750 Spadina Ave, Toronto; 416-924-6211

<https://www.mnjcc.org/wellnessclasses>

Offers a variety of mindfulness groups

**Referral process:** Self-refer online or call information desk at number above.

**Cost:** Varies, depending on group, but ranges from \$200-405 (MBSR) for non-members.

**Dr. Heidi Walk-Mindfulness Meditation**

390 Dupont Street, Suite 201 Toronto

<http://heidiwalk.com/mindfulness-meditation/program-details/>

Offers MBSR groups, retreats, yoga & meditation classes

**Referral process:** GP referral requested (see website)

**Cost:** \$165 for course materials.

**The Mindful Mood Centre**

2243 Queen Street East, 2<sup>nd</sup> Floor; Phone: 416-686-2138

[www.mindfulmood.com](http://www.mindfulmood.com)

Offer Mindfulness-Based Cognitive Therapy and Mindful Self-Compassion workshops

Participants must be followed by an individual therapist while attending group

**Referral Process:** GP referral required (see website)

**Cost:** \$60 for course materials

**Mindfulness Meditation Toronto**

The Healthy Joint, 540 Mt Pleasant Rd, 2<sup>nd</sup> Floor, Toronto; 647-391-7172

[www.mindfulnessmeditationtoronto.com](http://www.mindfulnessmeditationtoronto.com)

Offer 8 week core mindfulness course by psychologist, Dr. Judy Turner. Also offer corporate retreats.

**Referral process:** Self-referrals welcome

**Cost:** \$525

**Mindfully Muslim - <https://www.mindfullymuslim.com/>**

8 week group therapy program that is ideal for Muslims struggling with stress, sadness, pain, isolation, chronic worrying, shame, guilt, anxiety, trauma or depression.

It is also open to non-Muslim allies and mental healthcare providers who wish to deepen their understanding of the Islamic perspective on wellness, illness, suffering & existence.

**Referral process:** Referral from family physician required

**Cost:** OHIP-covered

Run by Dr. Ahmad: <https://www.mindfullymuslim.com/meet-our-facilitator>

**NeuroNova Centre – Mindfulness-Based Chronic Pain Management**

Phone: (416) 461-4333

<https://neuronovacentre.com>

Offer pain management courses across Ontario: MBCPM™ Level 1 & MBCPM Advanced. Also offer Emotional Skills Course. Attendees learn the principles of mindfulness meditation, the importance of living in the moment, and the power of now, and how these relate to suffering less pain.

Courses offered on-site or virtually.

**Referral process:** GP referral required (see website).

**Cost:** Cost of courses vary depending on the background of the facilitator (ie. an MD facilitator will be OHIP-covered). Course materials cost \$93.64 plus shipping.

**Wait-time:** 4-12 months for Toronto.

**Mindfulness Everyday**

20 Guildwood Pkwy, PH03, Scarborough; Phone: 416-267-4707

[www.mindfulnesseveryday.org](http://www.mindfulnesseveryday.org)

Offers a variety of mindfulness groups and workshops.

**Referral Process:** Self-referrals welcome.

**Cost:** Varies depending on group. See website for details.

**Davenport-Perth Community Health Centre**

1900 Davenport Road; 416-656-8025, ext. 239

Offers 8-week MBRP group.

**Referral process:** Call number above to self-refer.

**Cost:** No cost.

**TeleCBT** - <https://telecbt.ca/upcoming-groups/>

This is an online mental health service. They offer individual therapy as well as several different groups, including MBSR and MBCT. The above website has a good overview of the groups or you can contact [groups@telecbt.ca](mailto:groups@telecbt.ca) or call 888 468-6178 x10 for more information.

**Referral Process:** Physician referral required

**Cost:** OHIP-covered.

## Hospital-based Programs

**North York General Hospital - with Dr. Margittai**

2200 Yonge Street, Suite 909; 4001 Leslie St Groundfloor, Classroom B

[www.psychsyt.ca](http://www.psychsyt.ca)

Offers MBSR groups various times throughout the year-see website for updates.

**Referral process:** GP referral required-form on website. Fax completed form to 416-756-6671

**Cost:** \$350 for course materials, otherwise covered by OHIP.

**North York General Hospital - with Dr. Neil Levitsky**

343 Wilson Ave, Suite 401, Toronto; 416-515-7741

[www.cognitivetoronto.com](http://www.cognitivetoronto.com)

Offers 8-week MBCT program for individuals who have depression (but not in an acute episode) or anxiety, stress, insomnia, chronic pain. Group is most appropriate for individuals primarily wanting to address anxiety/mood.

**Referral process:** GP referral required (see website).

**Cost:** OHIP-covered but participants are required to purchase a workbook.

**Sinai Health System (Bridgepoint)**

1 Bridgepoint Drive, Toronto; 416-461-8252, ext. 2731

<https://www.bridgepointhealth.ca/en/what-we-do/Outpatient-Care.asp>

Offer MBSR groups periodically throughout the year.

**Referral process:** GP referral required (see website, [Outpatient/Ambulatory Rehab Referral](#) form)

**Cost:** OHIP-covered but small fee for materials.

**St. Joseph's Health Centre**

30 The Queensway Toronto; 416-530-6000, ext. 3929

Offer 10-week MBRP group through the outpatient addictions program at various times throughout the year.

**Referral process:** Call number above to register.

**Cost:** No cost.

Disclaimer: This list is not exhaustive and inclusion does not imply specific endorsement.

## **Free Mindfulness Drop-in Programs**

### **The Centre for Mindfulness Studies**

180 Sudbury Street, Toronto; 647-524-6216

<https://www.mindfulnessstudies.com/personal/mindfulness-drop-in/>

Free drop-in meditation class offered Thursdays from 12-12:30pm online.

The following websites also commonly list free drop-in mindfulness sessions. You can check the website for any upcoming sessions/events:

- **Shambhala Meditation Centre of Toronto** - <https://toronto.shambhala.org/>
- **Meditation Toronto** - [www.meditationtoronto.com](http://www.meditationtoronto.com)
- **YogaMeditation Canada** - <https://yogameditation.ca/free-meditation-classes-greater-toronto-area/>

## **Self-directed mindfulness options**

### **Books:**

**Dr. John Kabat-Zinn**, one of the first individuals to research, study and bring mindfulness into the Western mainstream and in medicine, has written a series of books on mindfulness, see link:  
<https://www.mindfulnesscds.com/pages/books-by-jon-kabat-zinn>

**Full Catastrophe Living** (Kabat-Zinn & Nhat Hanh)

**The Mindfulness and Acceptance Workbook for Anxiety** (Forsyth & Eifert)

- Based on Acceptance and Commitment Therapy (ACT)

**The Mindfulness and Acceptance Workbook for Depression** (Strosahl & Robinson)

- Based on Acceptance and Commitment Therapy (ACT)

**The Mindful Self-Compassion Workbook** (Kristin Neff)

### **Mindfulness Meditation Apps/Sites:**



**Calm**  
([calm.com](https://calm.com))



**Headspace**  
([headspace.com](https://headspace.com))



**Insight Timer**  
([insighttimer.com](https://insighttimer.com))