

A Mindfulness Based
STRESS REDUCTION PROGRAM



Are you feeling stressed or having difficulty dealing with pain or challenged by how to deal with difficult emotions?

- ❖ **This 8 week program will teach you ways to deal with physical and/or emotional distress, such as: chronic pain, experiences of depression and anxiety, parenting, general daily stress**
- ❖ **We will explore what it means to take charge of your health and well being and**
- ❖ **Practice ways of being fully present and awake in your life today**

What is expected of you:

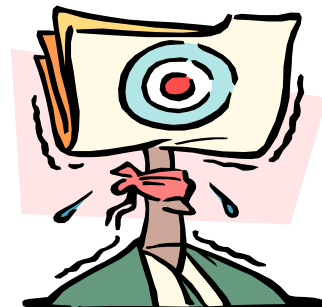
- **Come to an Information Session**
- **Attend the 8 evening meetings and full day Saturday**
- **Do the homework, using the CDs we provide**

If you are interested:

**Please come to an INFORMATION SESSION:
Wednesday March 1, 2006, 6-7:30**

Next Program:

**Wednesday evenings, March 29 – May 17
6:00 – 8:30pm
Plus all day Saturday, May 6, 9:00-3:30**



WHERE: Carlington Community & Health Services
900 Merivale Road

FOR MORE INFO: Call Rena @ 722-4000 (ext 258)
See local website: mindfulness.ncf.ca

Please note: Priority will be given to people on lower incomes and/or who use our services.
Help with childcare and transportation is available.
This program is offered free of charge.