

Mindfulness Matters

You Have a Right to Be Here

*Six weekly sessions
starting every two months*

Facilitators:

Margotte Kaczanowska

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&

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The practice of mindfulness is widely used in modern health care to alleviate stress, pain, weight problems, and emotional suffering such as depression, anxiety, anger, grief.

With practice it becomes easier to notice things and not be drawn into them. With awareness, we have the ability to respond not to just react. When we are mindfully aware of ourselves and our surroundings, we are fully present to our experiences, to others, and to our environment. We are in a position to make choices that reflect our true values, intention and concern for ourselves and others.

You can start the practice of mindfulness now

We have designed a six week program using mindfulness approach of living with stress, illness, life obstacles, or other overwhelming circumstances.

The fee for six two-hour sessions is \$245.00.
The fee might be covered by the extended health benefits.

To register
call 416-7696339 or email at HelpDesk@MindfulnessCentreToronto.ca