



# MINDFULNESS BASED STRESS REDUCTION program

## MBSR 8 WEEK COURSE COMPONENTS\*

- One hour, pre-course information session.
- Eight, 2 1/2—3 hour weekly sessions.
- One, all day session (9 a.m. to 4 p.m.).
- Weekly handouts.
- Practice CD's.

## FEE STRUCTURE

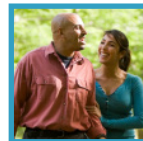
CMHA Manitoba and Winnipeg offers a sliding fee scale based on gross household income (before taxes). *We use the honour system and trust that you will pay according to your income level.*

Household Income	Cost
\$50,000 or greater	\$500
\$40,000—\$49,999	\$400
\$30,000—\$39,999	\$300
\$20,000—\$29,999	\$200
\$10,000—\$19,999	\$100
\$10,000 and under	\$50

*\*cost includes components listed above.*

## PRIVATE COURSES

CMHA Manitoba and Winnipeg is able to arrange for private courses for businesses and community groups. For information email [mindfulness@cmhawpg.mb.ca](mailto:mindfulness@cmhawpg.mb.ca).



## REGISTER FOR MBSR

To view upcoming MBSR courses or to register for a course, go to: [mbwpg.cmha.ca/programs-services/courses/mindfulness-based-stress-reduction](http://mbwpg.cmha.ca/programs-services/courses/mindfulness-based-stress-reduction)

## Contact CMHA Manitoba and Winnipeg

930 Portage Avenue  
Winnipeg MB R3G 0P8  
Phone: 204-982-6100  
Fax: 204-982-6128  
Email: [office@cmhawpg.mb.ca](mailto:office@cmhawpg.mb.ca)

 [www.facebook.com/CMHAWinnipeg](http://www.facebook.com/CMHAWinnipeg)

 [@wpgmentalhealth](https://twitter.com/wpgmentalhealth)



[mbwpg.cmha.ca](http://mbwpg.cmha.ca)



[mbwpg.cmha.ca](http://mbwpg.cmha.ca)

## THE NATURE OF MINDFULNESS...

Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to, or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it. - *Sylvia Boorstein*



Canadian Mental Health Association  
Manitoba and Winnipeg  
*Mental health for all*



## WHY MBSR?

The physiological and psychological benefits of MBSR have been well documented and researched for over thirty years.

As stated in the Stress Reduction Program brochure of the Clinic's Centre for Mindfulness "three decades of scientific research suggest that training in mindfulness and MBSR can positively and often profoundly affect participants' ability to reduce medical symptoms and psychological distress while learning to live life more fully."

Many participants have reported an increased ability to cope more effectively with stressful situations, anger, fear, anxiety and depression.

In addition, numerous participants suffering from chronic pain have found MBSR to either make it easier to live with the pain or even decrease it. Above all, training in mindfulness seems to make the majority of participants feel more content and balanced.



## WHAT IS MINDFULNESS BASED STRESS REDUCTION?

Mindfulness Based Stress Reduction (MBSR) is an approach to self-care that can assist in managing stress, pain and illness. The practice of meditation is used to learn to focus awareness on body sensations, thoughts and emotions in a non-judgmental way.

Through this practice, participants are invited to explore their inner world of mind and body, recognize and mobilize their inner psychological resources and take better care of self.

## HISTORY OF MBSR

MBSR is based on the methods of Jon Kabat-Zinn, Ph.D., author of **Full Catastrophe Living** and **Wherever You Go, There You Are**. The MBSR course has been modeled after the Stress Reduction Program at the University of Massachusetts's Medical Centre. It has been offered for over thirty years at major medical centres around the world.

For more information, visit the following websites:

MBSR Ottawa: [www.mbsrottawa.com](http://www.mbsrottawa.com)

Centre for Mindfulness in Medicine, Healthcare and Society: [www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)

## THE MBSR COURSE

The MBSR course consists of eight weekly classes and one, day-long class on a Saturday. It is designed to introduce Mindfulness practice as a way of reducing stress and developing greater balance, control and fuller participation in your life. Mindfulness is a way of learning to relate directly to whatever is happening in your life, including the challenges of stress, pain, illness and everyday demands.

During the course, you will practice skills to improve your ability to let go of the past, worry less about the future and live more fully in the present.

The course includes guided mindfulness meditations, mindful stretching and moving. You will be provided with daily assignments contained within two guided meditation CD's and weekly handouts.

## THE INSTRUCTORS

The course is guided by trained instructors from diverse clinical backgrounds in Marriage and Family Therapy, Social Work and Recreational Therapy.

