



**CANADIAN MENTAL
HEALTH ASSOCIATION**
Winnipeg Region

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 help people learn to focus awareness on body sensations, thoughts, and emotions in a nonjudgmental way. Through this practice, a person is given the opportunity to explore their inner world of mind/body, recognize and mobilize their inner psychological resources and take better care of the self.

The course is modeled on the program developed by Dr. Jon Kabat-Zinn at the Stress Reduction Clinic at the University of Massachusetts Medical Center

The 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.

In the course, you will practice skills to improve your ability to let go of the past, worry less about your future, and live more fully in the present. The course includes guided mindfulness meditations and mindful stretching/movement. All instruction is modified for each individual's needs. You are provided with daily assignments contained in two guided meditation CDs and weekly handouts.

2010 Fall Course Schedule

Course Location: Red River College (more details on registration)

Mondays, 5:30—7:30 p.m., October 18—December 6, 2010

- **Orientation Day, Monday, October 4, 2010**
- **Day of Mindfulness, Saturday, November 27, 2010**

Courses are taught by trained instructors with backgrounds in Marriage and Family Therapy, Social Work, and Recreational Therapy.

Cost: (8 week course)

\$75.00 for non CMHA Winnipeg Members / \$50.00 for Members of CMHA Winnipeg

* Subsidy available for low income households please call 982-6100 for further information.

** Covered by some insurance providers (ask for details)