



MINDFULNESS-BASED COGNITIVE THERAPY GROUP

**8 WEEKLY SESSIONS OF 2 HOURS
A COMMITMENT TO ATTENDANCE AND
HOME PRACTICE ACTIVITIES IS REQUIRED**

**FOR MORE INFORMATION
AND REFERRAL, PLEASE CONTACT:
DEPRESSION.CENTRE@UHN.CA**

MBCT IS AN EVIDENCE-BASED PROGRAM DESIGNED TO HELP INDIVIDUALS WHO HAVE HAD DEPRESSION TO SUSTAIN RECOVERY. IF YOU HAVE EXPERIENCED DEPRESSION, AND WOULD LIKE TO BUILD SKILLS TO STAY WELL, THIS GROUP MAY BE HELPFUL FOR YOU. THIS GROUP COMBINES MINDFULNESS AND COGNITIVE BEHAVIOUR THERAPY TO PREVENT DEPRESSION RELAPSE.