

# A Guide to Finding Mindfulness Programs



*Toronto Western*  
**Family Health Team**  
*Garrison Creek*  
*Bathurst*

Talking to your health care provider about your mental health concerns is an important step towards feeling better. They can support you, provide help and guide your progress.

If your next step is to learn about **Mindfulness Based Stress Reduction (MBSR)** and **Mindfulness Based Cognitive Therapy (MBCT) Programs** and find a program, read this guide. The programs we include here are all group programs. If you have questions or need support, please speak to your health care provider.

---

## What are Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) Programs?

MBSR programs work well for people who have stress from chronic physical and psychological conditions. These group programs teach practical skills to manage stress, including how to be calm in stressful situations.

MBCT combines mindfulness and cognitive behaviour therapy to help you change how you usually react to situations. Learning these new skills can help you better manage depression and anxiety.

The MBSR and MBCT programs involve doing homework and practicing skills in between sessions.



Patient Education



**UHN**

Toronto General  
 Toronto Western  
 Princess Margaret  
 Toronto Rehab  
 Michener Institute

## What are the options for payment?

If you have a job or are a student, your employer or school may provide health benefits that cover therapy.

Check your benefit plan to find out what is covered (type of therapist and total amount you can claim each year).

## Where can I find a mindfulness program?





- This list of therapy services is for information only.
- It is not a complete list of services in the Toronto area.
- We do not endorse any particular therapist or service.

## OHIP covered therapy

OHIP pays for therapy with a medical doctor. These services usually have waiting lists.

Service	Contact Information
<b>Mindfulness Based Stress Reduction – Toronto General Hospital</b>	Website: <a href="http://www.uhn.ca">www.uhn.ca</a> 585 University Avenue Phone: 416 340 4452
<b>Mindfulness Cognitive Behavioural Therapy Program – Toronto Western Hospital</b>	Website: <a href="http://www.uhn.ca">www.uhn.ca</a> 399 Bathurst Street Phone: 416 340 4452

 Requires a referral from your doctor

Service	Contact Information
<b>Mindfulness Based Stress Reduction Program – Princess Margaret Cancer Centre</b>	Website: <a href="http://www.uhn.ca">www.uhn.ca</a> 610 University Avenue Phone: 416 946 4501 ext. 5405  *For cancer patients only
<b>Mindfulness Based Cognitive Therapy Clinic – Centre for Addiction and Mental Health</b>   Requires a referral from your doctor	Website: <a href="http://www.camh.ca">www.camh.ca</a> 250 College Street Phone: 416 535 8501, option 2
<b>Mindfulness Based Stress Reduction Group – North York General Hospital</b>   Requires a referral from your doctor	Website: <a href="http://www.nygh.on.ca/Default.aspx?cid=1210&amp;lang=1">http://www.nygh.on.ca/Default.aspx?cid=1210&amp;lang=1</a> 4001 Leslie Street, 8th Floor Phone: 416 3483 3778  For people with a chronic medical condition or emotional distress.

**Fee-For-Service**

You pay the fees for therapists in private practice. They do not usually have waiting lists.

Service	Contact Information
<b>CBT Associates</b>	Website: <a href="http://www.cbtassociates.com">www.cbtassociates.com</a> Several locations. Phone: 647-693-8187
<b>Meditation for Health</b>	Website: <a href="http://www.meditationforhealth.com">www.meditationforhealth.com</a> 720 Spadina Avenue, Suite 509 Phone: 416 413 9158

Service	Contact Information
<b>Miles Nadal Jewish Community Centre – MBSR Program</b>	Website: <a href="https://mnjcc.org/browse-by-interest/wellness/meditation/424-mindfulness-based-stress-reduction.html">https://mnjcc.org/browse-by-interest/wellness/meditation/424-mindfulness-based-stress-reduction.html</a> 750 Spadina Avenue Phone: 416 924 6211
<b>START Clinic for Mood and Anxiety Disorders</b>	Website: <a href="http://www.startclinic.ca">www.startclinic.ca</a> 32 Park Road Phone: 416 598 9344
<b>The Centre for Mindfulness Studies</b>	Website: <a href="http://www.mindfulnessstudies.com">www.mindfulnessstudies.com</a> 180 Sudbury Street, Unit C2 Phone: 647 524 6216 Bursary program available for people with low income to help pay for the program.
<b>The Mindfulness Clinic</b>	Website: <a href="http://www.themindfulnessclinic.ca">www.themindfulnessclinic.ca</a> 700 Bay Street, Suite 600 Phone: 416 847 7118

**Important:** This is not a full list of agencies and organizations. The University Health Network does not recommend one organization over another and is not responsible for the care and services provided. Some information may change. Please contact agencies or organizations directly to make sure the information is correct or to find out more about their services.

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information. Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: [pfep@uhn.ca](mailto:pfep@uhn.ca)

© 2019 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.