

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
Mindfulness Based Stress Reduction – Toronto General Hospital	Website: www.uhn.ca 585 University Avenue Phone: 416 340 4452
Mindfulness Cognitive Behavioural Therapy Program – Toronto Western Hospital	Website: www.uhn.ca 399 Bathurst Street Phone: 416 340 4452

Requires a referral from your doctor

Service	Contact Information
Mindfulness Based Stress Reduction Program – Princess Margaret Cancer Centre	Website: www.uhn.ca 610 University Avenue Phone: 416 946 4501 ext. 5405 *For cancer patients only
Mindfulness Based Cognitive Therapy Clinic – Centre for Addiction and Mental Health  Requires a referral from your doctor	Website: www.camh.ca 250 College Street Phone: 416 535 8501, option 2
Mindfulness Based Stress Reduction Group – North York General Hospital  Requires a referral from your doctor	Website: http://www.nygh.on.ca/Default.aspx?cid=1210&lang=1 4001 Leslie Street, 8th Floor Phone: 416 483 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
CBT Associates	Website: www.cbtassociates.com Several locations. Phone: 647-693-8187
Meditation for Health	Website: www.meditationforhealth.com 720 Spadina Avenue, Suite 509 Phone: 416 413 9158

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

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