A Guide to Finding Mindfulness Programs

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.
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.

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<tr>
<th>Service</th>
<th>Contact Information</th>
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| Mindfulness Based Stress Reduction – Toronto General Hospital | Website: [www.uhn.ca](http://www.uhn.ca)  
585 University Avenue  
Phone: 416 340 4452 |
| Mindfulness Cognitive Behavioural Therapy Program – Toronto Western Hospital | Website: [www.uhn.ca](http://www.uhn.ca)  
399 Bathurst Street  
Phone: 416 340 4452 |
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| Mindfulness Based Stress Reduction Program – Princess Margaret Cancer Centre | Website: [www.uhn.ca](http://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 | Website: [www.camh.ca](http://www.camh.ca)  
250 College Street  
Phone: 416 535 8501, option 2  
*Requires a referral from your doctor* |
4001 Leslie Street, 8th Floor  
Phone: 416 3483 3778  
*Requires a referral from your doctor*  
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.

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| CBT Associates | Website: [www.cbtassociates.com](http://www.cbtassociates.com)  
Several locations.  
Phone: 647-693-8187 |
| Meditation for Health | Website: [www.meditationforhealth.com](http://www.meditationforhealth.com)  
720 Spadina Avenue, Suite 509  
Phone: 416 413 9158 |
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750 Spadina Avenue  
Phone: 416 924 6211                                                                 |
| **START Clinic for Mood and Anxiety Disorders**    | Website: [www.startclinic.ca](http://www.startclinic.ca)  
32 Park Road  
Phone: 416 598 9344                                                                 |
| **The Centre for Mindfulness Studies**             | Website: [www.mindfulnessstudies.com](http://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](http://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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