

## **Community Mindfulness Workshops**

### **1. Toronto Mindfulness Stress Reduction**

- Held in 4 locations within the Toronto (Bay/Dundas)-Etobicoke (Islington/Bloor)-Woodbridge area
- Information and Registration Contact Roy Hintsu (905) 851-5853  
[rhintsu@mbsrtoronto.com](mailto:rhintsu@mbsrtoronto.com)
- Fee: \$150.00 for 9 sessions, course text & CDs
- Course held in the evenings & one full Saturday
- [www.mbsrtoronto.com](http://www.mbsrtoronto.com)

### **2. Meditation for Health – Dr. Lucinda Sykes MD**

- Portion of the Program covered by OHIP, Spadina & Bloor
- Fees for non-OHIP portion & materials; approx \$250.00
- For details contact Diane Wilson 416-413-9158
- [www.meditationforhealth.com](http://www.meditationforhealth.com)

### **3. Mindfulness Based Cognitive Therapy at Toronto Western Hospital**

- Need a referral from a Health Professional
- \$50.00 Fee for course materials
- Course held during business hours
- Paul Freedman or Beta Leung at (416) 603-5747

### **4. Dr. Heidi Walk, MD**

- Group meets during weekday evenings, Spadina & Richmond
- See website for details of program <http://www.heidiwalk.com>
- \$200.00 fee for non-OHIP portion of service and materials
- Call or for more information or to book an interview (416) 652-7337

### **5. The Centre for Mindfulness Studies**

180 Sudbury Street, Unit G2, Queen & Dufferin

Toronto, Ontario M6J 0A8

(647) 524-6216

- Provides workshops for professionals and introductory courses for the community. Not covered by OHIP.
- <http://www.mindfulnessstudies.com>

### **6. MBSR Clinic – Toronto General Hospital**

- 8 week group - \$75.00 fee – OHIP covered
- Dr. referral needed
- Instructors: Dr. Susan Abbey and Sarah Greenwood (RN)
- 416-340-4452

- 7. MBSR – Women’s College Hospital**
  - 8 week program – Thursdays from 2:30-5:30pm. OHIP covered and Dr. referral needed. Fee of \$100.00.
  - Patients must attend an orientation session first – 416-323-6223
  - Program coordinator: Temi Firsten, MSW, RSW
  
- 8. MBSR – For People Living with HIV @ Mt. Sinai Hospital**
  - Bill Gayner, MSR, RSW coordinates the program in the Clinic for HIV-Related Concerns
  - 8 week group – one offered in the spring and one in the fall.
  - Contact Bill Gayner for more information 416-586-4800 ext. 8647 or by email [bgayner@mtsinai.on.ca](mailto:bgayner@mtsinai.on.ca)
  
- 9. MBSR – North York General Hospital**
  - 8 weekly sessions, OHIP covered. \$120.00 cost for materials.
  - 416-756-6642 for intake (Dr. Referral needed)
  
- 10. Artists’ Health Alliance – Mindfulness for Artists**
  - Operates out of Toronto Western Hospital  
<http://artistshealth.com/ahc/clinic/>
  - Offers MBSR and MBCT groups for artists
  
- 11. NeuroNova Centre for Mindfulness-Based Chronic Pain Management**
  - 6 Mindfulness courses geared for patients who have chronic pain
  - Physician’s referral is required and there is a \$120.00 fee
  - Operates out of Sunnybrook and St. Michael’s and is accessible to patients throughout Ontario via Telemedicine Network.
  
- 12. MBSR/MBCT for Chronic Pain at the Pain Management Program/Health Recovery Group**
  - OHIP covered if referred by physician with a fee for materials.
  - 9 weekly 3 hour classes
  - Led by Dr. Etlin, Dr. Vettese, Dr. Robinson and Kirstin Blindseil (social worker)
  - <http://www.healthrecoverygroup.com/pmp/enrollToronto.htm>
  - phone: 416-226-4722 or email [PMP@HealthRecoveryGroup.com](mailto:PMP@HealthRecoveryGroup.com)
  
- 13. Mindfulness Based Martial Arts Program**
  - Mindfulness Based Martial Arts is a treatment modality offered to clients of Integra (children/youth ages 8-18 with learning disabilities and who are struggling with social, emotional and behavioural problems.). <http://www.integra.on.ca/prog5.htm>
  - Phone: 416-486-8055

#### **14. Mindfulness Based Support Group – Sherbourne Health Centre**

- Open to all registered Sherbourne clients and registration is required.
- 8 weeks for 2 hours – facilitated by Billee Laskin, MSW, RSW
- Call Laura at 416-324-4100 ext. 5096

#### **15. Vipassana Meditation Centre – Ontario (Egbert)**

- [www.torana.dhamma.org](http://www.torana.dhamma.org)
- Free meditation courses for children, youth and adults

#### **16. A Different Life**

- Offers programs for children and youth across GTA as well as for adults
- [www.adifferentlife.ca](http://www.adifferentlife.ca) or 647-990-8397

### **Free Meditation groups include:**

**1. Centre of Gravity @ Centre for Social Innovation 215 Spadina Ave. Suite 400,**  
www.centreofgravity.org <<http://www.centreofgravity.org>>

#### **2. True Peace Toronto - weekly sessions**

**Mondays** from 5:30 - 7:30 pm at the Multifaith Centre at the University of Toronto  
(Harbord just east of Spadina)

Or **Fridays** from 6:45 - 8:45 pm at the Jewish Community Centre at Bloor and  
Spadina.

Go to their website for more information about meditation sessions:

[www.truepeacetoronto.ca](http://www.truepeacetoronto.ca)

#### **3. Snow Lion Shop & Meditation Group**

A Meditation class is offered Fridays from 7:30pm to 8:45pm at the Shop  
708-A Pape Avenue, (at the intersection of Pape & Danforth).

Cushions are provided, but if you have your own cushion, bring it, arrive and settle  
in by 7:20pm.

Also has lectures, generally held at the shop.

Teacher/Owner: Theodore Tsaousidis

**Email:** [theodore@sittingatthegate.ca](mailto:theodore@sittingatthegate.ca)

**Telephone:** (647) 439-1985

Web site: [torontomindfulnesscommunity.org](http://torontomindfulnesscommunity.org)

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