Mind/Body Training for women with a medical illness and mental health issues
MBSR is an eight-week intensive structured group program that provides instruction in mindfulness meditation practices to heighten awareness of how we react to both emotional and physical pain.

It addresses the stresses of coping with challenging symptoms and serves as a valuable complement and support to regular medical treatment.

Conditions for which mindfulness can be helpful:
- Heart Disease
- Arthritis
- Diabetes
- Fibromyalgia
- Gastro-intestinal Disorders
- Chronic Back Pain
- Cancer
- High Blood Pressure
- Psoriasis
- Anxiety and Depression and related symptoms

Program Coordinator: Temi Firsten, MSW, RSW

Preference is given to active patients of Women’s College Hospital Mental Health in Medicine Program

For further information on attending an information session please call 416-323-6223