



WOMEN'S COLLEGE HOSPITAL
Health care for women | REVOLUTIONIZED

mindfulness-based stress reduction program

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**