

# Mindfulness Based Support Group at the Sherbourne Health Centre

## INFORMATION SESSION

on

Fri. January 27th,  
2006

at

10:00 am – 11:00 am

Everyone who is interested in finding out more about this group and Mindfulness Meditation are welcome to attend the information session



## Mindfulness Meditation Can Help You Develop Skills To:

---

- 👁️ **Be with difficult feelings and distressing thoughts**
  - 👁️ **Cope with depression and anxiety**
  - 👁️ **Deal with stressful situations more effectively**
  - 👁️ **See more clearly the reactions that create distress in your life**
  - 👁️ **Learn practices that increase awareness, calmness and (self) acceptance**
- 

**Where:** Sherbourne Health Centre in the Carlton Lounge

**When:** Every Fri, Feb.3rd to March 24th, 2006 for 8 weeks

**Time:** 10:00 am – 12:00 pm  
(Friday, March 10th, 10:00am – 3:00pm will be an extended session)

**Register:** Call 416-324-5064  
or email [ftomlin@sherbourne.on.ca](mailto:ftomlin@sherbourne.on.ca)