

# Mindfulness Based Support Group at Sherbourne Health Centre

Groups run three times a year.

- January
- April
- October

To be eligible, you must be a Sherbourne Health Center client within another program.

Everyone who is interested in finding out more about this group and Mindfulness Meditation are welcome to contact Fatema at 416.324.4100 x 5256 or [Fmullan@sherbourne.on.ca](mailto:Fmullan@sherbourne.on.ca)



## 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  
333 Sherbourne Street

**When:** Nine successive Fridays in a row

**Times:** Fridays, 10:00 AM – 12:00 PM  
With one **Extended session** running from 10:00 AM – 3:00 PM (bring your own lunch)

**Register:** Call 416.324.4100 x 5256 or email [FMullan@sherbourne.on.ca](mailto:FMullan@sherbourne.on.ca)

**Space is limited; registration is required**

Sherbourne Health Centre is wheelchair accessible