



Primary Health Care Services
OF PETERBOROUGH

Peterborough Networked

Family Health Team



Mindfulness for Health and Wellness

“Through the Mindful Based Stress Reduction (MBSR) course I learned to cope with stress and anxiety. The program helped me tremendously. I feel like myself again.”

- Thelma Mackenzie, patient

www.peterboroughfht.com

Mindfulness for Health and Wellness

10 Week Program

Mindful Meditation practice is a proven, effective treatment for conditions such as: anxiety, depression, panic disorder, chronic pain, cardiac recovery and other stress related disorders.

The program is based on John Kabat-Zinn's work from the University of Massachusetts. It has been validated by research and is used all over the world.

The program focuses on helping participants learn to control their run away thoughts and busy mind. Participants develop the ability to quiet the body and mind. Participants report increased ability to cope with stress and an expansion of peace and joy in their lives.

The program is 10 weeks long, and meets weekly for two hours. Participants are expected to practice mindfulness meditation at home in-between sessions. Attendance for all 10 weeks is mandatory.

An ongoing maintenance group is available monthly, for those who complete the 10 week program.

*Participants must be referred by a Mental Health Clinician to this program.

Ask your family doctor or nurse practitioner if the Mindfulness for Health and Wellness program may be for you ...

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Date: _____

Time: _____

Location: _____