



# MINDFULNESS FOR STRESSED OUT FOLKS



LEARN HOW TO  
REDUCE STRESS & EXPLODE LESS

➡ REGISTRATION IS ON NOW! ⬅

THIS COURSE MAY BE COVERED BY YOUR EXTENDED INSURANCE.

BE BRAVE ★ BE KIND ★ BE PRESENT

Surround Circle Yoga  
*Yoga with a difference*

BE BRAVE ★ BE KIND ★ BE PRESENT

www.bebrevebekind.ca

A CREATIVE, MINDFUL COUNSELLING PRACTICE FOR CHILDREN, FAMILIES AND INDIVIDUALS



## MBSR 8 WEEK PROGRAM - INFO SHEET

### HOW CAN MINDFULNESS HELP ME?:

The Mindfulness Based Stress Reduction program was designed to **change the relationship we have with suffering: pain, stress, as well as challenging thoughts and emotions.** After years of research and practice, studies show that this evidenced based, 8 week MBSR program significantly improves participants' wellness, sense of balance, emotional self-regulation and relationship to negative thoughts, feelings and pain sensations. In fact, if we meditate 45 minutes a day for 8 weeks, we can grow our left prefrontal cortex, which helps to regulate our positive moods and help us bounce through challenging moments. In short, mindfulness has the potential to change our thoughts, emotions AND impulses. Imagine how that can help you as a parent, partner, college and friend!!

### WHY IS IT SO EFFECTIVE?:

**The MBSR program teaches mindfulness through practice.** We explore and practice Mindful Parenting techniques, meditation, mindful movement and stress management in a safe and small group environment. This is reinforced through daily homework. This intensive program has the potential to help you ***respond, rather than react to life's parenting stresses and struggles.***

### WHAT TO EXPECT:

**Over the course of 8 weeks, we explore:**

- Your relationship with anger, stress, suffering and pain.
- The practice of being aware of the present moment with a kind, open and curious attitude (one definition of Mindfulness)
- Meditation (how to meditate (sitting and walking) and bring the practice of calmness and reflection into your daily life)
- Mindful moving (learning how to reconnect the mind and body through movement)
- Mindful parenting resources (books, games, tools, etc).

### Weekly Schedule:

- Week 1: Introduction to mindfulness and mindfulness-based skills - awareness and presence
- Week 2: Role of perception in shaping our reality, learning to be with ALL experiences.
- Week 3: Being vs doing mode
- Week 4: Stress and stress reactivity - awareness of parenting patterns
- Week 5: Responding to stress vs reacting to stress
- Week 6: Challenging communication with our kids, partners and colleagues
- Week 7: Bringing what we are learning into action!
- Week 8: Keeping mindfulness alive in our day to day life.

## DETAILS:

- Orientation: Tuesday, September 18 from 7-8pm (in person) or by phone by September 24.
- Classes are weekly and begin Tuesday September 25th and end Tuesday, November 13th.
- Time: **6:30 - 9 pm.**
- Full Day silent retreat is **Saturday, November 3rd** from 9:30am-3pm.
- Location: Surround Circle Yoga Studio (15 Aylmer Ave - located on the 3rd floor of Southminster United Church).

## COST:

- **Fee: \$450 (early registration - after September 1st, it's \$475)**
- **\$850 for a couple or with a friend**
- **\$25 discount for participants of past Mindful Parenting Workshops**
- **I do offer this course on a sliding scale (based on family income) - please contact me for more information**
- Many [insurance](#) companies recognize the MBSR course as a therapeutic program. Please contact your insurance company to see if they cover Social Work Counselling. Here is the information that many insurance providers require:

### Details:

- Mindfulness Based Stress Reduction Program
- 8 week therapeutic course: Sundays, September 25 - November 13, 2018
- Surround Circle Yoga Studio (15 Aylmer Ave)
- 6:30 - 9pm
- Full day silent retreat: Saturday, November 3, from 9:30am-3pm.

### Social Worker:

- Rebekka Wallace Roy, MSW RSW
- Registered Social Worker - Licence # 813393
- MBSR Teacher trainee with UC San Diego

### MBPTI Mentor:

- **Gwen Morgan MA MSW RSW**
- Registered Social Worker - Licence # 776558
- Certified Teacher in MBSR & MBCT with UC San Diego and the Centre for Mindfulness Studies, Toronto

## WHAT IS INCLUDED:

- Orientation via phone or in person (30 minutes)
- 8 Weekly Classes, 2.5 hours
- Comprehensive black & white handout (colour, bound copy available for \$40)
- Access to the be brave \* be kind \* be present library / resources
- 1 full day silent retreat (5.5 hours)

## VERY IMPORTANT DETAILS:

- **This is an intensive program** that requires levels of emotional, mental and physical stability (stable housing, a yoga mat, access to internet and meditative space, no current psychiatric diagnoses, and time for homework).
- If you have recently been diagnosed with depression or another significant mental health issue (i.e., anxiety, panic attacks, schizophrenia, etc) or have suicidal thoughts, this may not be the right time for you to take this program. I am happy to refer you to other therapists in the city who might best fit your needs.

## HOW TO REGISTER:

- Email Rebekka at [rebekka@bebravebekind.ca](mailto:rebekka@bebravebekind.ca) to request a spot (this program can fill up fast and may have a wait list).
- **Fill out the Intake form and send it back with an etransfer of \$100 for the deposit (or pay in full). Password: Mindful.**
- If you are unable to send an etransfer, please let Rebekka know. You can also pay online using your credit card through her website: <http://bebravebekind.ca/store/p1/MBSRprogram4parents>.
- In the case of cancellation, your deposit will be returned to you or transferred forward to the next MBSR group or Mindful Parenting workshop.

## SUGGESTED READINGS:

- *Full Catastrophe Living* by Jon Kabat-Zinn
- *Ready, Set Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family* by Carla Naumburg, PhD
- *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* by Dan Siegel, MD & Mary Hartzell, M.Ed.
- **Please visit my website for more information about these books, and my favourite children's books.**

Questions? Please don't hesitate to contact me!  
I'm happy to chat with you!

