

MINDFULNESS PROGRAM FOR TEENS!



Are you feeling stressed or finding yourself dealing with more negative feelings and emotions?

Join us for an 8 week mindfulness based stress reduction program that is for teens ages 13 to 17.

MBSR was developed to support people with pain and chronic illnesses. By joining these sessions you will learn how to cope with difficult situations, how to live in the present moment, and how to improve your overall happiness!

Details

6:00pm – 7:15pm, every Thursday

Start Date: April 11th – June 6th

Parent Info Session

(mandatory): April 4th, 6:00pm-7:00pm

Location: 1355 Bank Street
(Centre for Healthy Active Living)
**free parking/close to Billings Bridge*

To Register:

Email: lriVEST@cheo.on.ca

Phone: (613) 737-7600 x1015
(include patient's name, DOB, and email address)

Mindfulness
is a powerful
tool!

MBSR is a program that was started in 2017 in collaboration between CHEO and the Arthritis Society. This program teaches teens how to develop and maintain mindfulness techniques.

Your facilitator is Sonja Roth, a certified trainer in MBSR for both adults and teenagers. She holds a Master's Degree in Education and is a long-time meditator and mother of two teenagers.

For more information please visit www.mbsrjunior.com or call (613) 797-5607.

