



Come join us for MAPLE MINDS this fall!

MAPLE MINDS is a unique and fun blend of mindfulness, breathing exercises... This program will help children with chronic illness, pain... Experience how you can feel happier, stronger and at peace with whatever life throws your way. MM was created in 2012 as a complementary care and coping program in accordance with CHEO's Division of Pediatric Rheumatology and the Arthritis Society. It has grown into a popular program and has expanded internationally - we are hoping you can join our MM family!

Please check <http://www.cheo.on.ca/en/maple-minds> for more info about MAPLE MINDS at CHEO. For additional info go to www.ingabohnekamp.com. Contact us if you have any questions!

Inga Bohnekamp (Dipl.-Psych), Program Director

Internationally trained in psychology, CBT, DBT, mindfulness, and yoga for children, teenagers and adults. Published author of several books on topics including children's yoga and coping with chronic illness. Yoga Therapy Faculty Member at the Children's Yoga Academy.

Johannes Roth MD

Head of Pediatric Rheumatology at the Children's Hospital of Eastern Ontario.

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Who & When? October 6, 13, 20, 27
KIDS1 & Parents (age 3-5): 2pm-3pm
KIDS2 (age 6-10): 1pm-2pm
Siblings are welcome to join if spaces are available.

Where? CAFCO, 320 Osgoode St, Ottawa, ON K1N 8C8

What to bring? Please bring a yoga mat, a journal and wear comfortable clothes. Bring a stuffed animal friend, if you like.

Sign Up! Groups are free of charge. We keep our groups small, so each participant benefits from individual attention and guidance. Register ASAP to secure your spot.

Email: lrivest@cheo.on.ca
Call: (613) 737-7600 Ext 1015

"My kids like the open and relaxed atmosphere created by Inga. All kids have the opportunity to express how they are feeling, and to share what makes them happy. This positive approach helps them feel welcome and part of the group."

"I liked having the opportunity to connect with other parents with kids who have arthritis."

"I see this as something they can use throughout their lives."

"Inga takes the time with each child, and lets each one develop at their own pace; there are no wrong ways of doing it. This takes away any anxieties kids may feel in doing the activities."

"Breathing exercises before studying for a test help clear my mind."

"This already helps them tremendously when they are getting their needles."

"Thank you very much, we really appreciated having this opportunity and the kids enjoyed it. Inga, you were really great! Thanks!"

"I would recommend MAPLE MINDS... It makes [the kids] feel that they are not alone, and they can hear what other kids are going through."

"I love coming here, and I am definitely coming back!"

