



Mindfulness Based Cognitive Therapy (MBCT):

North Toronto (8 Week Program)

Facilitator: Larry Borins, MSW, RSW.

Do you want to learn to live more in the present moment?
Do you want to deal better with life's stresses and problems in a less reactive, calmer way?

Mindfulness is a non-judgmental way of paying attention in the present moment. This helps us to relate differently to life problems, and conditions such as Depression and Anxiety, opening us to the possibility for change, reducing our reactivity.

The main way we formally practice mindfulness in this program is through various forms of meditation and gentle yoga. These are practiced at home; you can expect about an hour a day of homework.

Fees: \$385 (includes all materials). Those with extended health insurance may be covered for some or all of this cost under psychological services.

To Register Please call: Larry Borins (416) 546-5511

Fall Session for 2014

The course consists of:

8 weekly sessions 2 hours each, and one 6 hour session as follows:

Every Friday from January 23th to March 13th, 2 - 4pm and one Sunday session on March 1, 2014 from 9:30am -3:30pm.

Location: 3080 Yonge St.,#5040, North York – at the northwest corner of Yonge and Lawrence



Larry Borins, MSW, is a psychotherapist in private practice. He uses Mindfulness & CBT to help his clients get out of the vicious cycles of negative emotions, recognize destructive patterns, find deeper connections and explore opportunities for positive change.
www.mindfultherapist.ca