



# Mindfulness Based Cognitive Therapy (MBCT): Mind Health Toronto (8 Week Program)

**Facilitators: Larry Borins, MSW, RSW. Dr. Susan Hershkop BSC MD FRCP(C)**

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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:** \$400 if you register before September 16<sup>th</sup>. \$500 regular rate (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:**(416) 322-5433 and fax in a referral from your physician(416) 322-5432

## Winter Session for 2017

### **The course consists of:**

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

Every Wednesday from January 25<sup>th</sup> to March 15<sup>th</sup>, 12:45 – 3:00 pm and one Sunday session from 9:30 am to 3:30 pm on March 5<sup>th</sup>, 2017.

**Location:** 3080 Yonge St.,#5016, North York (Yonge and Lawrence) Mind Health Toronto

**Larry Borins**, MSW, RSW, is a psychotherapist in private practice with a passion for Mindfulness and CBT. [www.mindfultherapist.ca](http://www.mindfultherapist.ca)

Dr. Susan Hershkop BSC MD FRCP(C) is a psychiatrist practicing at Sunnybrook Health Sciences Centre where she sees patients with mood and anxiety disorders. She has a particular interest in Cognitive Behaviour Therapy and Mindfulness.