

Latest news from Mindfulness Everyday.  
To ensure delivery to your inbox, please add [info@mindfulnesseveryday.com](mailto:info@mindfulnesseveryday.com) to your address book.

Is this email not displaying correctly?  
[View it in your browser.](#)



## Fall 2012 Workshop & Course Schedule MBSR Workshops

Mindfulness Everyday is offering Mindfulness-Based Stress Reduction (MBSR) programs in the Toronto area beginning in October.

Each program runs for 8 weekly sessions and includes an all-day retreat, on a weekend. The MBSR programs are designed to help participants improve their quality of life, and enjoy their moments more fully.

If you are interested in registering, contact the teacher at the location nearest you to arrange a pre-course meeting.

Please feel free to pass on this information to any friends, family, or colleagues who might benefit from the program.

A reduced rate is offered to former participants who wish to take the course again as a refresher.

[Please visit our website](#) for full details of the MBSR approach.

**Danforth:** Wednesdays October 10 to November 28, 2012, 9:30 am-12 pm at the Estonian House, 958 Broadview Ave, north of the Danforth.

Teacher: Dianna Last

[Details and registration information here](#)

**Downtown:** Tuesdays October 9 to November 27, 2012 7-9:30 pm in association with Six Degrees Community Acupuncture, 204 Spadina Ave., 2nd Floor, Spadina & Queen. Teacher: Dianna Last

[Details and registration information here](#)

**North York:** Thursdays October 11 to November 29, 2012, 7-9:30 pm at the Latvian Canadian Cultural Centre, 4 Credit Union Drive, Eglinton Ave., east of the DVP. Teacher: Dianna Last

[Details and registration information here](#)

**Richmond Hill:** Thursdays November 1 to December 20, 2012, 7-9:30 pm at the Elgin West Community Centre (in the Craft Room), 11099 Bathurst St. Teacher: Naomi Nurgitz

[Details and registration information here](#)

**Scarborough:** Wednesdays October 10 to November 28, 2012, 7-9:30 pm in association with the Gentle Care Wellness Centre, 221 Morrish

[Forward to a Friend](#)

## All-day Retreats

For anyone who is taking or has taken the MBSR or MBCT Workshop.

**Saturday November 24, 2012**

[Details and info here](#)



**The Mindful Edge -  
Stress Reduction &  
Life Strategies for  
Teens  
program in schools**

**Research Fostering  
Positive Mental Health  
in Ontario Schools:  
Measuring the  
Effectiveness of  
The Mindful Edge®  
Program**

Rd, Highland Creek Community, Scarborough. Teachers: Heidi Bornstein and Stephen Chadwick

[Details and registration information here](#)

## Mindful Parenting Workshops

### Mindful Parents, Resilient Children

This program is suitable for clinicians who work with families, parents and children and have an interest in developing mindfulness skills for these populations.

Friday, Nov. 2, 2012 | 9:30 a.m. – 4:30 p.m.

Facilitator: M. Lee Freedman MD CM FRCPC

[Details and registration information here](#)

### Mindful Parents, Resilient Children: Principles and Practices for Clinicians / Educators Working with Parents and Children

January 11, 12, 2013 | 9 a.m. – 4 p.m.

(through the Factor-Inwentash Faculty of Social Work U of T)

| 9:30 a.m. – 4:30 p.m.

Facilitators: M. Lee Freedman and Gayle Saifert

Fee: \$278 (HST Incl)

[Details and registration information here](#)

### Mindful Meditation at Ryerson

Tuesdays, Sept. 18 to Nov. 20, 2012: 8 classes (no classes Oct 9 / Nov 14) 7:00 - 8:00 pm

Facilitators: Heidi Bornstein & Kim Tanzer

Ryerson University, Ryerson's Athletic Centre, 40 Gould Street, RAC Studio III

Ryerson Student RAC Members \$60 + HST / Non-Student RAC Members \$80 + HST / Non RAC Members \$120 + HST

Register and pay at the RAC Admin Centre to participate

Sterling Institute compiled the research data from the fall and spring programs at R.H. King. The effectiveness of the Mindful Edge program was measured to assess its potential as a method for fostering positive mental health and resilience in teens. The research in this study shows that the most common stressors identified by the participants can be better managed with skills developed through mindfulness practice. When pre-course and post-course stress management strategies were compared, it was found that less mindful strategies for stress management, such as ignoring the stressor, decreased in frequency and more mindful strategies, like mindful breathing, increased.



### **Mindfulness Meditation Training Changes Brain Structure in 8 Weeks**

The following is from an article in the Science Daily, January 21, 2011  
<http://www.sciencedaily.com/releases/2011/01/110121144007.htm>

Participating in an 8-week mindfulness meditation program appears to make measurable changes in brain regions associated with memory, sense of self, empathy and stress.

### **Donate to the Fruit Bar Fund**

As part of The Mindful Edge program for teens, we include a mindful eating practice in each session.

We use fruit bars, 100% natural, individually wrapped, which cost \$.50 each. It adds up, teaching 30 students per class for 8 weeks.

Details to make a donation here  
<http://www.mindfulnessseveryday.com/about.html>



### **Take a Breath: Mindful Music for Children with Betsy Rose**

Check out this Youtube video here:

<http://www.youtube.com/watch?v=9iF7J2zlvI>

Local school classrooms learning mindfulness, or non-judgmental present moment awareness, with the power and fun of songs. Listen to children, teachers and principals describe how mindful songs bring about clarity, calmness, and transform ill being to well being. Betsy Rose skillfully teaches her songs "take a breath", "clear blue sky", "equanimity", and "may you be happy."



### **Mindfulness Everyday**

We are a non-profit corporation, applying for charitable status. As a charitable organization, we will be able to apply for grants from appropriate government agencies and obtain donations from individual and corporate sponsors. We are currently seeking volunteers to join working committees or our working board of directors and advisory board. Immediate positions that need expertise include: Webmaster & Social Media person, Fundraising and Pr Coordinator, Administrative Assistant. If your life has been touched by mindfulness and/or the MBSR Workshop, and you would like to participate in any capacity, please contact us.