

Our Partners



Mindfulness Everyday Partners

Mindfulness Everyday has established supportive relationships. Our approach is that mindfulness cultivates positive health and well-being using evidence-based stress management techniques, life skills and strategies.

There are several ways you can collaborate with Mindfulness Everyday. Support is possible through donations, volunteering your time to work with us, becoming an organizational partner, and many other ways!

Below are the partners we are proud to work with. If you are interested in becoming a Mindfulness Everyday partner, [contact us today to learn more!](#)

Mindfulness Everyday is Proud to Support the Mindfulness Council of Canada



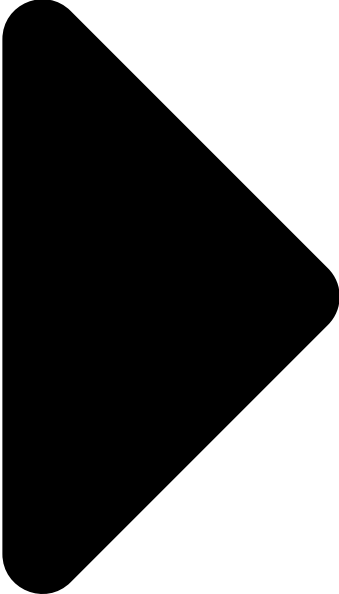
Mindfulness Council is networking across Canada to help individuals and organizations find reputable trainings, professional and personal, and help community members to nurture their own practice once trained. MCC seeks to connect, promote collaborations, signpost where research opportunities and innovations exist, advocate for more accessible programs, professional trainings, and mindfulness communities, promote standards in facilitation, encourage ongoing mentoring, and develop valuable resource materials.

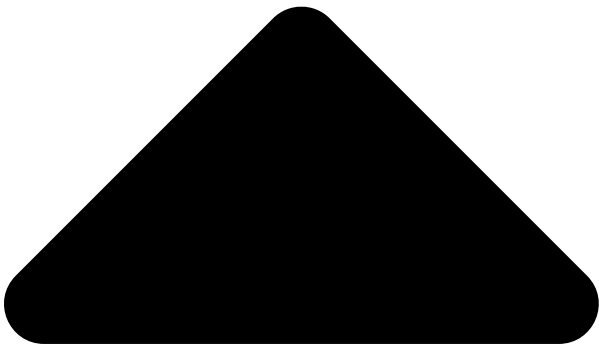
[Learn more about Mindfulness Council of Canada HERE](#)

As the Nurturing Charity, we are pleased to be able to accept donations and issue charitable donation receipts on behalf of MCC. The collaboration and participation of both organizations support mental health and wellness, as well as the promotion and improved access to skillfully-delivered mindfulness programs and practices in all spaces, for all persons living in Canada.

[Make a donation to Mindfulness Council of Canada today!](#)

Our Partners

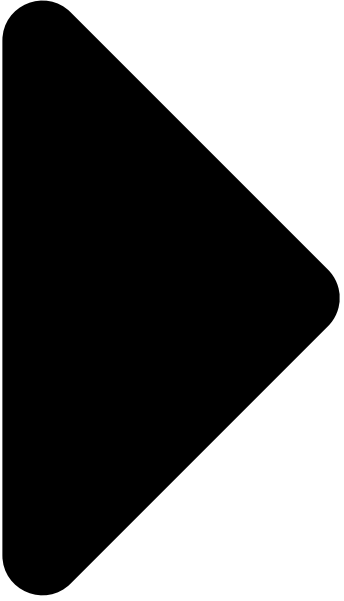


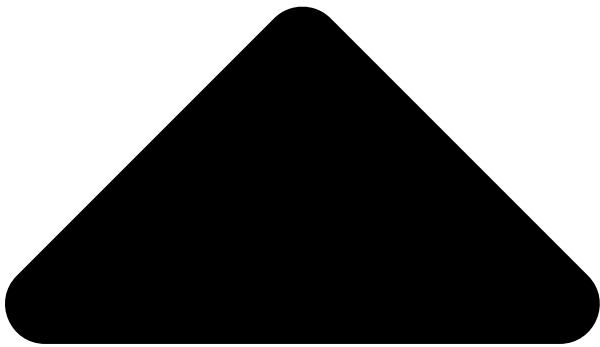


Calmer Choice

Calmer Choice is a universal prevention program committed to teaching young people how to effectively and safely manage stress and resolve conflict so that they live happy, healthy and successful lives. Our goal is to provide skills that will diminish the risk of violence, substance abuse, and other self-destructive behaviors.

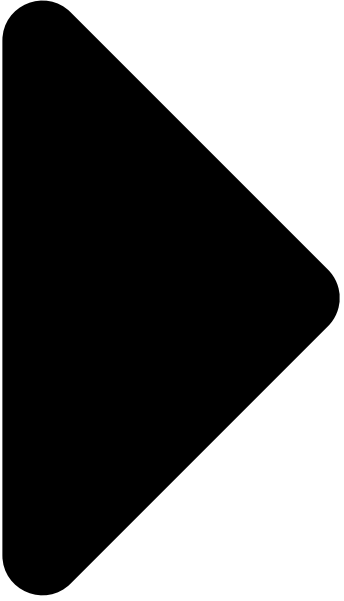
Since 2010, Calmer Choice has been dedicated to bringing secular mindfulness-based social emotional education into Cape Cod public schools. [Learn more here](#)

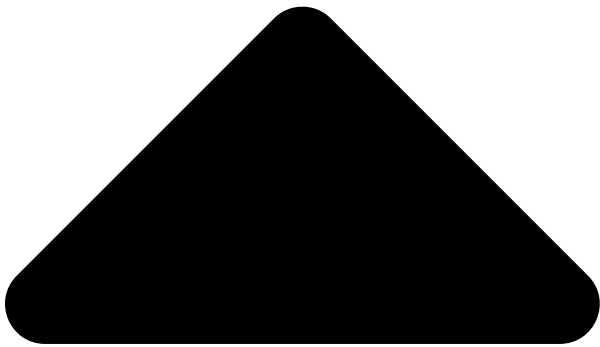




Eline Snel Academy for Mindful Teaching Foundation (AMT)

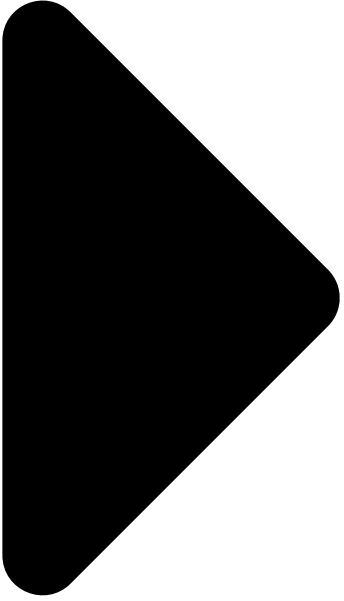
The International Academy for Mindful Teaching (AMT) offers worldwide Mindfulness training courses for adults in the Method Eline Snel. The Training courses are meant for professionals working with children at school, in private practice or mental health care area. [Learn more here](#)

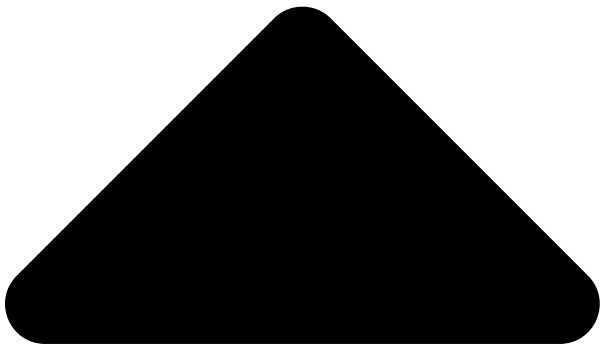




Higher Learning Foundation

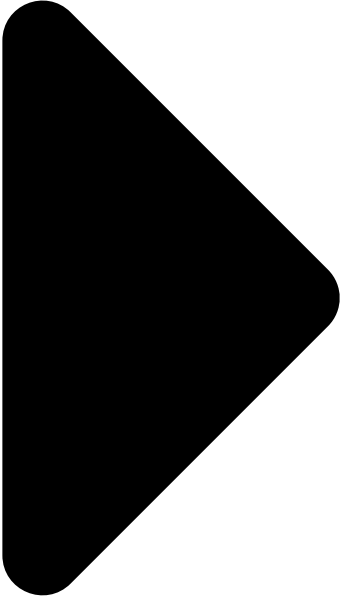
Driving Innovation in Student Wellness. The Higher Learning Foundation (HLF) has always prioritized helping students succeed. As the Founder of HLF, Trish Kulathungam, was completing her post-secondary degree, she was inspired to create a more accessible scholarship program. [Learn more here](#)

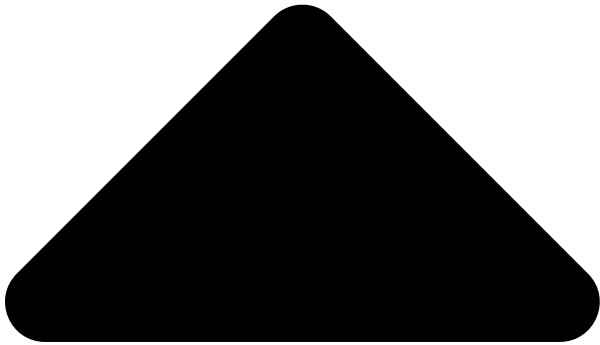




It Starts With Me

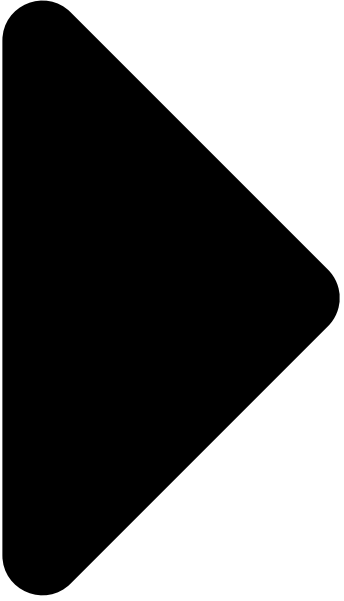
Starts With Me was created from the transformation of personal and family suffering into hope, resilience, wellbeing and joy. Starts With Me is a solution to the challenges faced by Mike Stroh, his brother Dave, and family. We create platforms to support gaps in education and services along with empowering families and individuals to increase their capacity for well-being. [Learn more here](#)

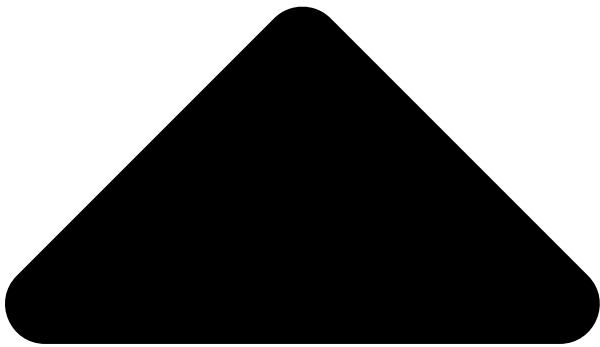




Jenn Bruer (Author)

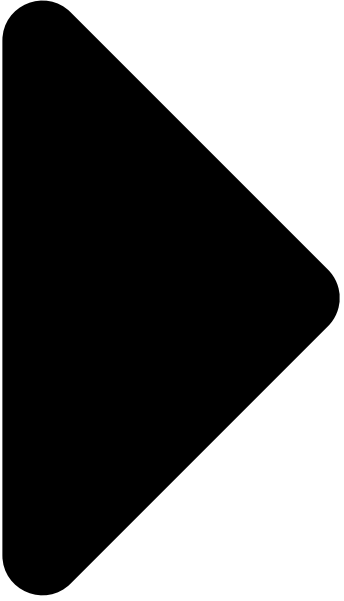
Burnout Prevention & Recovery Strategist, Author, and Wellness Trainer from Toronto, Canada. [Learn more here](#)

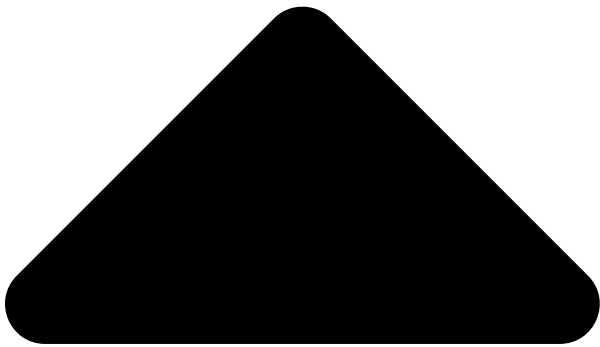




Jenny Horsman

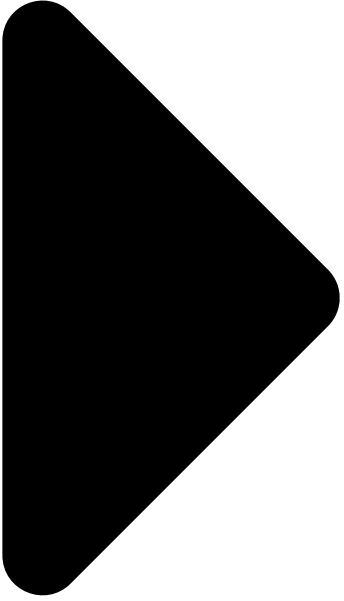
My dream is to help to create equitable educational settings anywhere and everywhere so that students who have experienced any form of violence can understand how that has impacted our learning, take part in new conversations, and find commonality with others as we explore new strategies to support successful learning. [Learn more here](#)

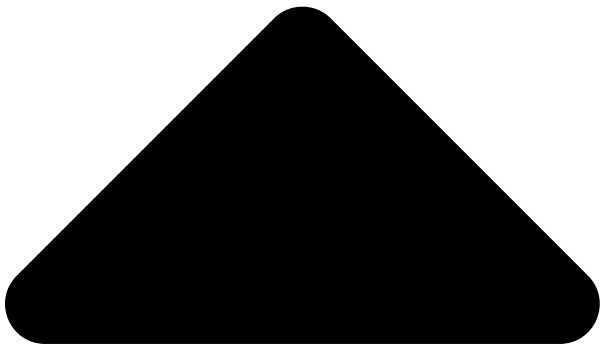




The Center for Compassionate Leadership

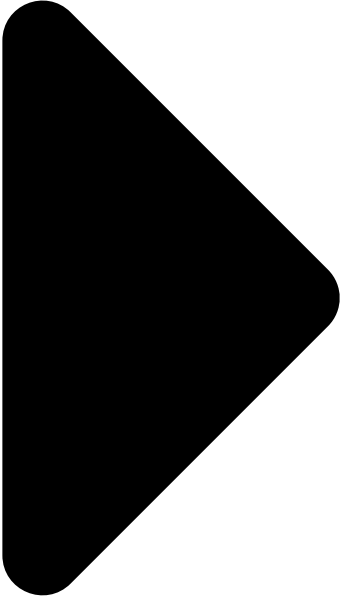
The mission of the Center for Compassionate Leadership is to advance compassionate methods of leadership by integrating best practices of modern leadership, evidence-based science, and contemplative wisdom. The Center accomplishes this through thought leadership, research, curriculum and training, community, and collaboration. [Learn more here](#)

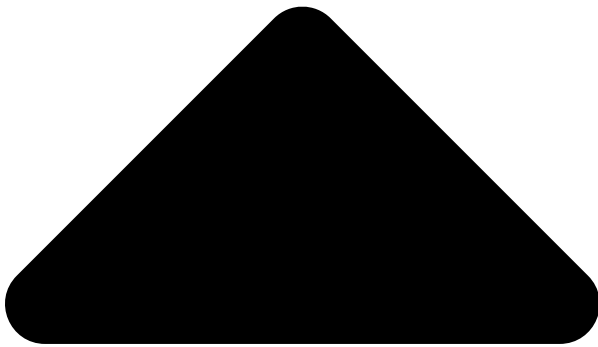




Toronto District School Board

Mindfulness Everyday has an educational programming partnership agreement with the TDSB to provide mindfulness-based programming to support health and wellness for students, educators, professional support staff and parents. [Learn More Here](#)



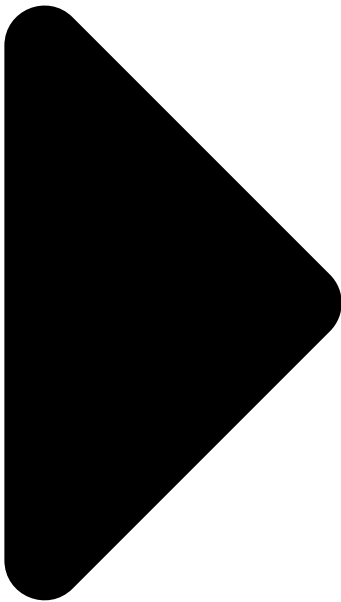


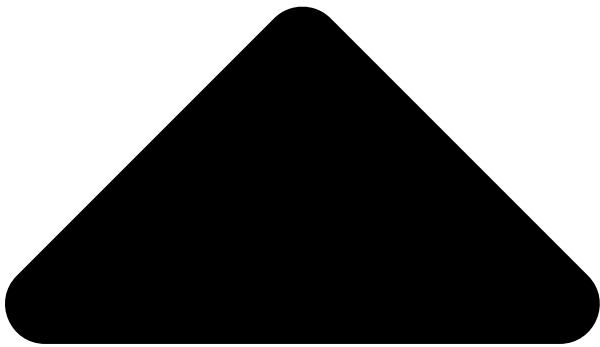
School of Continuing Studies, University of Toronto

Mindfulness has been proven to have many personal and professional benefits, including discipline, tolerance, calmness, and mental clarity. In a professional sense, mindful thinking and practice has been proven to lead to better productivity and workplace satisfaction. Our Mindfulness program, presented in partnership with the Factor-Inwentash Faculty of Social Work, provides a secularized approach to the traditional Buddhist practice. Designed in such a way that it can be applied to many different areas of professional and personal life, our courses are taught by instructors who have a wide range and depth of experience in a variety of disciplines. Courses and certificates are appropriate for those with a personal interest in becoming more mindful as well as those

working in care professions such as social workers, counsellors, educators, nurses, doctors and allied health professionals.

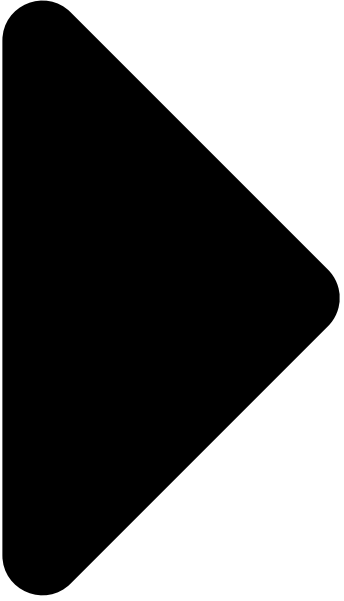
Teens today need help to manage anxiety, cultivate empathy and compassion and develop coping skills. Mindfulness can help them, and this introductory workshop will help you teach mindfulness to teens. Whether you're a teacher, education support worker, or other youth service practitioner, you'll get the information and resources you need to design a new mindfulness curriculum or implement an existing one. You'll explore the core elements of mindfulness training, practical applications, curriculum connections, neuroscience research, customized lesson plans and adaptations for different populations. [Learn more here](#)

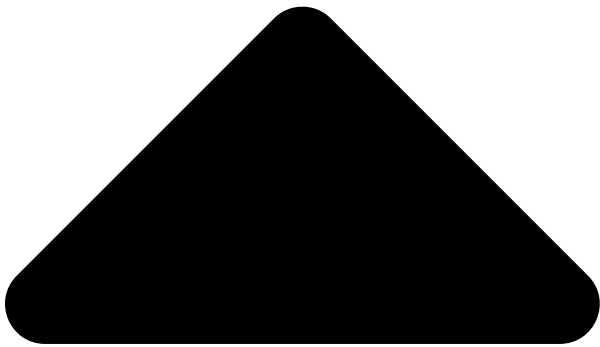




Stressed Teens

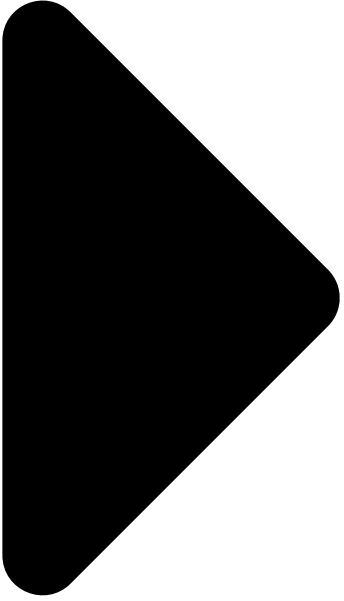
Stressed Teens, created by Gina Beigel offers comprehensive online trainings for teens, parents, and professionals. Gina has also created numerous printed resources. [Learn more here](#)

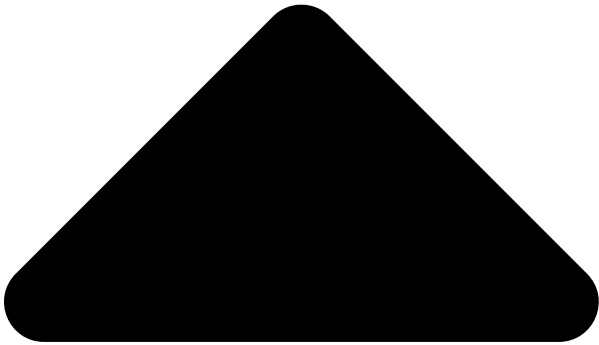




The Conscious Explorers Club

Being Human Takes Practice The Consciousness Explorers Club is reinventing the community meditation experience. We explore together every Monday night in Toronto, and record audio for those who can't make it in person. [Learn more here](#)

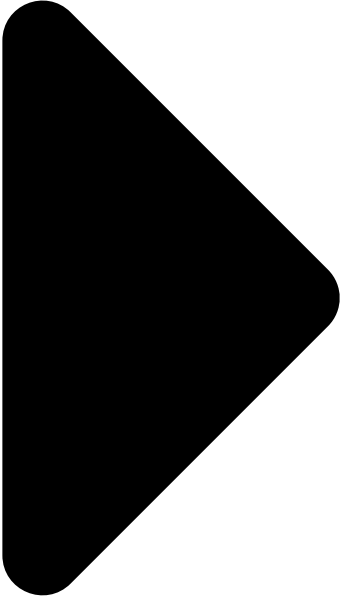


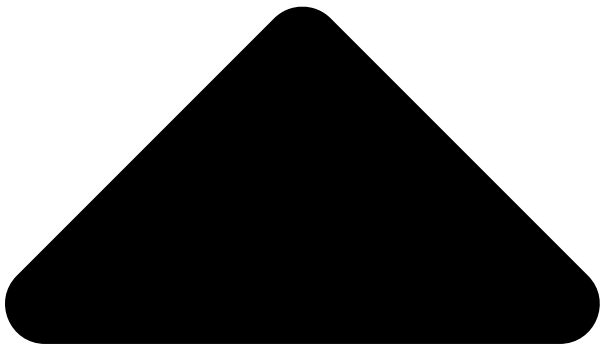


With Equal Step

Family engagement is one of the top indicators of student achievement. With Equal Step is dedicated to building meaningful school-home partnerships. Researchers around the world tell us that when families are engaged in their children's education, students do better. Whether you're an educator, parent leader or community agency, we're here to help. [Learn more here](#)

Partners Offering Individual Consulting

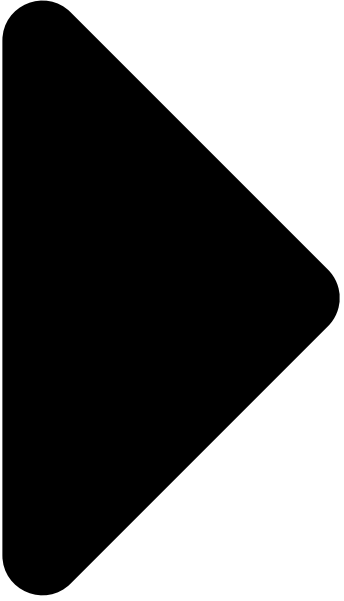


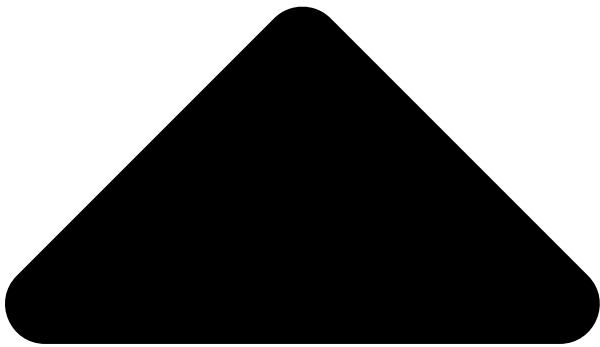


Jeremy Finklestein

[Get Mentored by Jeremy](#): Mentoring Topics

- Understanding Mindfulness
- Learning Mindfulness Practices
- Adapting Mindfulness Practices for Resilience



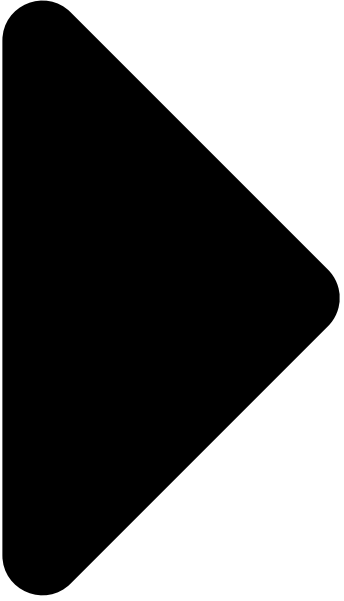


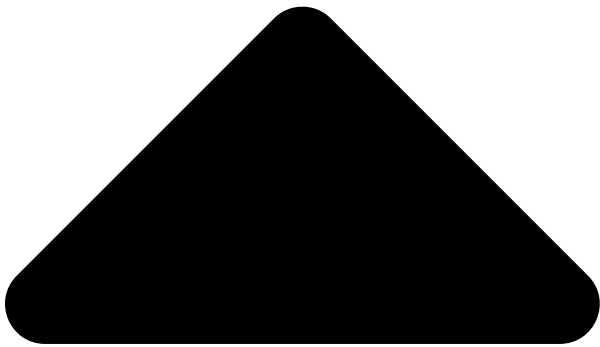
Reed Hilton-Eddy, Counselling and Psychotherapy

[Empowering Your Inner Resources and Strengths](#): Provides virtual counselling and psychotherapy to empower adults (ages 17+) who are struggling with stress and worry, feeling stuck, overwhelmed, or fixated on a fear of failure.

The individualized holistic approach combines Cognitive Behavior Therapy, Mindfulness Based Cognitive Therapy and Solution Focused Counselling modalities to assist clients identify their inner strengths and resources, to provide them with tools to move forward towards their life goals.

Free consultation available





Safer Mindfulness

[Safer Mindfulness](#) provides mindfulness workshops, training, and consultations in health care, education, and workplace settings and to the general public. Andrew Safer develops applied mindfulness programs and workshops for specific user groups, instructing and coaching participants in mindfulness-awareness meditation and mindfulness-in-everyday-life practices and their application to daily life.