

For people navigating migraine & headache ...

smartMigraine

Mindfulness for Migraine

Description:

smart™ (stress management and resiliency techniques) is a live, confidential, small-group, program designed to help individuals cultivate greater self-awareness, emotional regulation, and resilience through mindfulness practices. This evidence-based, secular program is designed for people navigating migraine and headache disorders.

The program includes:

- 4 x 90-minute live online sessions
- Guided mindfulness practices
- Weekly home practice
- smartMigraine Participant Manual (electronic)

SMART Integrates the teachings, practices and research from:

- Mindfulness-Based Stress Reduction
- Mindful Self-Compassion
- Mindfulness-Based Emotional Balance
- Mindful Movement



Spaces are limited to
maintain an intimate and
personalized learning
environment



Program Details

- Format: Live online via Zoom
- Language: English
- Duration: 4 weekly sessions (6 hours total)
- Fee: \$225 CAD
- Includes: Electronic Participant Manual

Choose the schedule that works best for you

Option 1: Wednesday evenings



October 14- November 4,
2026



6:30 - 8:00 PM EST

Option 2: Saturday afternoons



November 7-28, 2026



12:00 - 1:30 PM EST

All sessions are live, interactive, and conducted via Zoom

To register:

1. Complete the Express Your Interest form
2. Brief phone conversation
3. Register and pay



For more information contact:
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