

# MINDFULNESS 101

*New Virtual Groups Starting Year Round*

**Find peace  
in the  
present.**

Why Mindfulness? Research shows that mindfulness skills can help to reduce suffering, increase happiness, improve emotion regulation, and increase overall quality of life. This is a great opportunity to learn a skill in a supportive, non-judgemental environment that can create meaningful change in your life.

**Let's work together to find the balance and peace that you deserve.**

**Mindfulness 101 Runs Tuesdays from 3:30-5:00pm**

*\*The cost to participate is \$85 per session/\$680 for the full 8 week program*

This is an **8-week virtual group** focusing on increasing mindfulness skills for beginners and beyond. We will draw on DBT as well as RO DBT and Trauma Sensitive Mindfulness as models to help you develop your own practice of mindfulness, learning to increase present moment awareness and self-regulation.

The skills will be taught from a trauma informed perspective, and each week will offer experiential exercises, education and practical tools designed to integrate mindfulness into daily life.

## Registration Information:

- To register or for more information, contact the Centre for Psychology & Emotion Regulation by phone or email.
- Call us at: (249) 492-2673 Or email: [info@midlanddbt.com](mailto:info@midlanddbt.com)**
- Enrollment is ongoing! That means we're starting new groups on a regular basis throughout the year.

