The Mindful Way:

Winter MINDFULNESS GROUP 2022

We are facilitating a nine (9) week group that teaches mindfulness skills to improve focus and emotional wellbeing. Research has shown that Mindfulness can significantly reduce feelings of stress and anxiety, improve focus and attention and lead to better overall health.

Length: 9 weeks Closed Group

When: Thursdays starting from February 3 to April 7, 2022

Time: 1:30 p.m. – 3:30 p.m.

Location: Virtual via Zoom link

Facilitators: Humber Counsellors: Rose Anthony, R.P. & Andrew Garnet, R.S.W.

Participants must be current Humber or Guelph Humber students

Participants must be able to commit to the full 9 week group

GROUP STRUCTURE:

A nine week group for individuals looking to improve their overall mental health and well-being.

This is a closed group*.*

Combination of psycho-education, mindfulness skills and experiential learning.

A regular mindfulness practice will be part of this program.

Topics include: mindfulness and studying, mindfulness self-compassion and mindfulness as a tool to gain control over your thoughts.

GROUP GUIDELINES:

* PARTICIPATION IS MANDATORY – all participants are required to attend every session and engage in the break out rooms and experiential exercises*.*
* If you miss two consecutive sessions, you will not be able to continue with the group. There are NO MAKE UP Sessions.
* Participants will be asked to keep their cameras on for the duration of the group.
* Participants are expected to adhere to group engagement guidelines, which will be created collaboratively during the first session.
* Participants will be expected to practice mindfulness skills outside of the group.

If you are interested in being a part of this 9 week mindfulness group, please email [**rose.anthony@humber.ca**](mailto:rose.anthony@humber.ca) to arrange an information session meeting.