



Mindfulness Meditation Booster Groups

This booster group is designed for clients who have completed the Mindfulness Based Cognitive Therapy Group for Obsessive Compulsive Disorder or Anxiety at the Anxiety Treatment and Research Centre OR the Mindfulness Based Cognitive Therapy Group for Relapse Prevention at the Mood Disorders Program. The group occurs monthly and is on a drop-in basis. The sessions are facilitated by Dr. Brenda Key or Dr. David Grant.

For more information, please contact:

Dr. Brenda Key 905-522-1155, Ext. 35427, bkey@stjosham.on.ca

Goals

- Support continued mindfulness meditation practice
- Reinforce application of mindfulness skills to everyday life

Location: *All Booster groups are facilitated virtually as of April 2020 until further notice. Please contact the **clinic at (905) 522-1155 ext. 35377 to register at least 24 hours in advance.**

If in-person groups resume, check-in will be at the Anxiety Clinic reception, St. Joseph's Healthcare Hamilton, West 5th Campus, 1st floor.

Wed. Jan 5 2022 1-2PM

Wed. Feb. 2 2022 1-2PM

Wed. Mar. 2 2022 1-2PM

Wed. Apr. 6 2022 1-2PM

Wed. May 4 2022 1-2PM

Wed. Jun. 1 2022 1-2PM

Wed. Jul. 6 2022 1-2PM

Wed. Aug. 3 2022 1-2PM

Note Change of Day to the 3rd Wed. of the Month and New Time

Wed. Sept. 21 2022 12-1PM

Wed. Oct. 19 2022 12-1PM

Wed. Nov. 16 2022 12-1PM

Wed. Dec. 14 2022 12-1PM (note this is the 2nd Wed. of the month)