



## 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](mailto:bkey@stjosham.on.ca)  
or Dr. David Grant at 905-522-1155, Ext. 39506, [dgrant@stjosham.on.ca](mailto:dgrant@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.** When in-person groups resume, check-in will be at the Anxiety Clinic reception, St. Joseph's Healthcare Hamilton, West 5<sup>th</sup> Campus, 1<sup>st</sup> floor.

### September Break

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

### September Break

Wed. Oct. 5 2022 1-2PM

Wed. Nov. 2 2022 1-2PM

Wed. Dec. 7 2022 1-2PM