

## Can I learn Mindfulness?

You can learn how to be mindful but it does take some help and practice. It is important to know how you best learn.

Some people learn by reading a book while others may learn by watching a DVD or joining a group.

If you are not sure how you best learn, you may want to try a few ways.

If you are a client at CPS, you may be able to join the group on mindfulness. Some people also choose to practice mindfulness on their own.



### About this Program

Please contact your individual therapist or doctor to talk about this program. Currently the group is led an occupational therapist and a registered nurse but the facilitators change over the year.

### About Mindfulness

If you are not able to commit to a program at this time or are not a CPS client, you can get up-to-date information about mindfulness from:

[www.mindfulnesshamilton.ca](http://www.mindfulnesshamilton.ca)

#### Notes:

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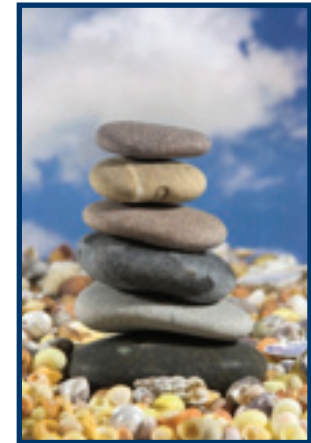
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## Mindfulness Group Program



#### Community Psychiatry Services (CPS)

St. Joseph's Healthcare Hamilton  
Charlton Campus  
3<sup>rd</sup> floor, Fontbonne Building  
50 Charlton Avenue East  
Hamilton, Ontario

**905-521-6040**

## What is Mindfulness?

Mindfulness is being able to pay close attention to what is going on in your body, mind and the world around you. Learning how to be mindful is a skill that can help you settle your mind and be more at peace with yourself and others.

Mindfulness is:

- focusing on the moment
- calming your body and mind
- living in the present or 'now'
- practicing being non-judgmental

## What are the benefits of Mindfulness?

Mindfulness helps you be aware of yourself and how you respond to others. This helps you go through your daily activities in a calmer, steady and positive manner.

Being mindful has been shown to help people develop and keep relationships as well as have better physical and mental health overall.

## Mindfulness Group Program at St. Joseph's Healthcare

### When?

Groups start at different times throughout the year. This is a program that runs for 8 weeks. When you join, you agree to come to all 8 sessions.

### Pre-registration is required.

You can be referred to this program by a health care provider. When a group is full, you will be contacted when a new group is starting to see if you are still interested.

### What happens in this group?

You will learn ways to increase your:

- self-confidence
- self-esteem
- coping skills
- self-control skills

Over the weeks you will get to know other people in the group. You will learn all kinds of things about mindfulness and practice many ways to apply it to your life.

You will share with others in the group and learn new things from them as well.

A facilitator (teacher) carefully plans each session. There is a balance of interesting activities throughout the time. Between sessions you practice these activities at home and in your daily life.

Some of these activities include:

- breathing exercises
- guided meditation
- mindful walking
- creative pursuits
- group discussions

By discovering these and practicing, you will learn ways to help manage stress, pain, and illness.

