

## Registration

Please complete the following and return it with payment to confirm your registration.

Name: \_\_\_\_\_

\_\_\_\_\_

Preferred way to be addressed:

\_\_\_\_\_

Date of Birth:

(day) \_\_\_\_\_ (month) \_\_\_\_\_ (year) \_\_\_\_\_

Parents' Names: \_\_\_\_\_

\_\_\_\_\_

Phone Number/s and Email/s for each parent:

Mother: \_\_\_\_\_

Email: \_\_\_\_\_

Father: \_\_\_\_\_

Email: \_\_\_\_\_

Teen: \_\_\_\_\_

Email: \_\_\_\_\_

## Method of Payment:

Cash  Cheque  VISA/MASTERCARD

VISA/MC# \_\_\_\_\_

Expires: \_\_\_\_\_

Please check which session you are registering for:

- Session #1  
 Session #2  
 Session #3

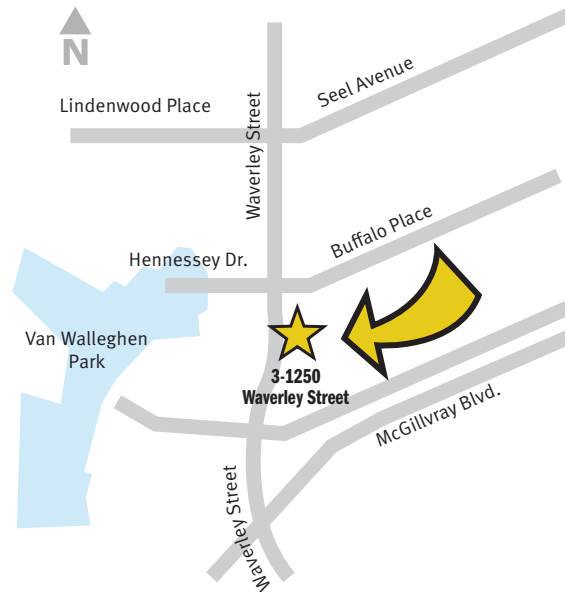
## MIND MATTERS CLINIC

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**3-1250 Waverley Street  
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Fax: (204) 487-4248  
www.mindmattersclinic.ca**



**3-1250 Waverley Street  
Waverley at Buffalo Place  
www.mindmattersclinic.ca**

# MINDFULNESS BASED STRESS REDUCTION FOR TEENS (MBSR-T)

**Ages 13-18**



**mind  
matters  
clinic**

**3-1250 Waverley Street  
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### Registration Deadlines:

**Session #1: October 23, 2023  
Session #2: December 29, 2023  
Session #3: April 1, 2024**

## Are you Stressed? Depressed? Unable to Focus?

## Struggling with the pressures of life?

## Anxious? Distracted, or Overwhelmed?

The Mindfulness-Based Stress Reduction for Teens Program (MBSR-T) is an evidenced based treatment group that has been shown through many research trials to be effective in reducing anxiety and increasing feelings of self-esteem and general well-being. It was developed by Gina Biegel based on the Mindfulness Based Stress Reduction (MSBR) Program created by Jon Kabat Zinn at the University of Massachusetts in the 70s. MSBR was and continues to be part of the curriculum for students in the health care field. It is a treatment approach that is used across the world by mental health professionals for a variety of disorders and for development of strength, resilience and competencies in a variety of populations.

### What is Mindfulness?

Mindfulness is paying attention, on purpose, in the present moment, while disregarding judgements that may arise. It is the ability to devote complete attention to what you can control – which is the present moment. It is learning how to deflect thoughts about the future, because thoughts about the future usually lead to ‘worry’. It is the ability to choose where you want to allocate your attention – resulting in enhanced ability to stay focused.



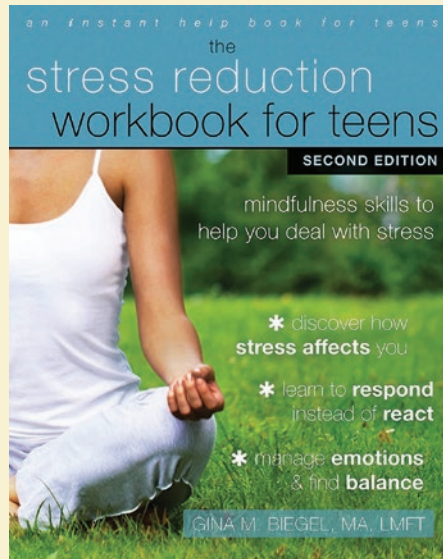
### What will MSBR-T give my teen?

MSBR-T will give your teen tools that they can use throughout their life for enhancing their attention, and for dealing with adversity. Their toolkit will enable them to stop responding reflexively with floods of emotion, and take a moment to pause, be mindful of their thoughts and feelings – and then choose where to direct their attention. They will learn how to become aware of their thoughts and feelings – creating a space between stimulus and response. It is this space where choices can be brought to consciousness so that better responses can be made.



Potential benefits include:

- Improved emotion regulation and metacognition
- Decreases in stress and suffering
- Improved overall mental and physical health and well-being
- Increased sense of control, coherence, and power
- Insight into the sources of strength that come from within
- Decreases in negative coping skills and increases in positive coping skills



*The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal With Stress* by Gina M. Biegel is included in the price of the Group. We will be working through the workbook over the course of the six weeks.

## TIMES and DATES

### Session 1:

November 6, 13, 20, 27,  
December 4, 11, 2023

Times: 7pm - 8:15pm

### Session 2:

January 8, 15, 22, 29,  
February 5, 12, 2024

Times: 7pm – 8:15pm

### Session 3:

April 15, 22, 29,  
May 6, 13, 27, 2024

Times: 7pm – 8:15pm

In order to understand the unique needs of each group member, we would like to meet with both parents and teens in an individual session prior to the group. This session is designed for therapists to better understand the needs of group members. If you have already been assessed at Mind Matters Clinic, this may not be necessary

### COST:

**\$130.00** for each of the six Groups Sessions (**\$780.00** total), and **\$215.00** for the Individual Session with Parents (this session can be billed to either parent or teen).

Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a “Registered Clinical Psychologist.”

Call us to determine how your coverage can be applied to the fees.