

# Fourth Box Foundation Bursary Application Mindfulness-Based Interventions



*Bursaries are applicable to certain programs only. They are in limited supply for those who need it most. Please note: incomplete forms will not be considered.*

*We process applications in the order in which we receive them.*

*We will contact applicants directly regarding availability & placement.*

Applicants must meet the following guidelines from Statistics Canada (2017):

Low income cut-offs (per household, before tax)

1 person	2 persons	3 persons	4 persons	5 persons	6 persons	7 persons
\$24,600	\$30,625	\$37,650	\$45,712	\$51,846	\$58,473	\$65,101

## Applicant Information

First Name: \_\_\_\_\_ Email: \_\_\_\_\_

Last Name: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ OHIP #: \_\_\_\_\_

Have you applied to our bursary before? Yes/No

Postal Code: \_\_\_\_\_ Requested Program/s (e.g. MBCT, CBT, etc.): \_\_\_\_\_

Date of Birth: M\_\_\_\_/D\_\_\_\_/Y\_\_\_\_\_

By signing here: I, \_\_\_\_\_, the applicant, confirm I meet the low-income cut-offs listed above, agree to attend each session, and pay what I can toward the cost of the program, which is \$\_\_\_\_\_.\*

*\*The cost of our 8-week programs are \$520, the cost of our 10-week programs are \$620.*

Optional comments: \_\_\_\_\_

## Referral Source Information

First Name: \_\_\_\_\_ Referral Date: \_\_\_\_\_

Last Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Referring Organization: \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

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

Supervisor\*: \_\_\_\_\_

*\*Social service workers and/or volunteers are asked to please confirm the applicant's eligibility with a supervisor.*

Client History/other info: \_\_\_\_\_

By signing here: I, \_\_\_\_\_, the referrer, confirm that the applicant has a primary care physician and a therapist if/as required, is suitable for the program, is committed to attending each session and is in need of financial assistance as per the low income cut-offs listed above.

**Please send completed application to the Centre for Mindfulness Studies**

**by fax: (855) 344-9519 or email: info@mindfulnessstudies.com**

**Address: 180 Sudbury Street, Toronto, Ontario M6J 0A8 Phone: (647) 524-6216**

[www.MindfulnessStudies.com](http://www.MindfulnessStudies.com)

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