

# Bursary Application

## Mindfulness-Based Programs

*Bursaries are applicable to certain programs only. They are in limited supply for those who need it most. 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):						
<u>Low income cut-offs (per household, before tax)</u>						
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 #: (\_\_\_\_) \_\_\_\_\_

Do you have a valid OHIP card? Yes  No

Have you applied for our bursary before? Yes  No

Have you taken one of our programs before? Yes  No

If yes, what program have you taken: \_\_\_\_\_

Requested Program (e.g. MBCT, MBSR, etc.): \_\_\_\_\_

Availability & other comments: \_\_\_\_\_

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

*\*Note: The average cost of our 8-week program is \$550.*

## Referral Source Information

First Name: \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

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

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

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Supervisor Name and Credentials\*: \_\_\_\_\_

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

By signing here: I, \_\_\_\_\_, the referrer, confirm that the applicant:

- (1) has a primary care physician and/or a therapist as required.
- (2) is suitable for a program and is committed to attending each session.
- (3) is in need of financial assistance as per the low income cut-offs listed above

**Please send completed application**  
**by fax:** (855) 344-9519 **or email:** info@mindfulnessstudies.com  
180 Sudbury Street, Toronto, Ontario M6J 0A8  
Phone: (647) 524-6216 Toll Free: (888) 637-9186  
**MindfulnessStudies.com**