CENTRE FOR Mindfulness Studies

We Create Communities of Well-Being that Empower People and Enrich Society

impact report
2011 to 2018
Launched Bursary Program for low-income individuals suffering from mental health and/or physical health conditions.

Supported by 4th Box Foundation

Launched Mindfulness Booster for individuals to advance their practice.

In collaboration with the Centre for Mindful Self-Compassion, launched MSC Facilitation training in Canada.

The Centre is a mental health charity and leader in developing and providing group mindfulness programs, and training professionals to teach them. Our goal is to expand access to those most in need, to lead change and bring mindfulness as a healthcare service to diverse populations.

Barry Patterson, Executive Director

Delivered MBCT program to 500+ marginalized clients in social housing and/or referred by agencies, unstably housed clients of PARC, and marginalized seniors.

Funders: Housing Services Corporation, Robert Kerr Foundation, New Horizons for Seniors, Bell Canada

Trained 25 frontline workers from 11 agencies in Toronto, and 30 guidance counsellors in the Philippines to deliver mindfulness-based treatment program to 500+ clients.

Funders: Ontario Trillium Foundation, Toronto Local Health Integration Network, Ontario HIV Treatment Network, Grand Challenges Canada

Successfully piloted Mindful Peer Leadership Program (train-the-trainer peer program for 20+ clients/community members from 5 agencies to provide mindfulness practice support program to 210 agency clients).

Funder: Ontario Trillium Foundation

2012

2013

2014

2016

2017

2018

2011

Trained 40 frontline workers from 15 agencies to deliver Mindfulness-Based wellness programs to 300+ of their co-workers.

Funders: Ontario Trillium Foundation, The Ontario HIV Treatment Network

Launched Mindfulness-Based Stress Reduction (MBSR) programs.

Launched Mindful-Self-Compassion (MSC) programs.

Launched MBSR Facilitation Certificate to train professionals to teach.

Launched MBCT Facilitation Certificate to train healthcare professionals to teach.

First in Canada to offer MBCT Facilitation Certificate to train healthcare professionals to teach.

Received funding to launch a 3-year Trillium Grow project to train 60+ frontline workers from 20+ new social service agencies in Toronto in integrated Mindfulness-Based Wellness and Mindfulness-Based Intervention programs for 1200+ marginalized youth.

Funder: Ontario Trillium Foundation

Introduced Mindfulness Booster for individuals to advance their practice.

In collaboration with the Centre for Mindful Self-Compassion, launched MSC Facilitation training in Canada.

The Centre is dedicated to growing and helping the community. Anybody that attends a program is valued, no matter who they are.

Goshia, PARC Co-op Credit Program, Bursary recipient, and Volunteer
More than 10,000 people have taken a program from The Centre to help treat depression, anxiety or stress.

**OUR IMPACT**

1. **1000+ bursaries given to those in need to attend a MBCT, MBSR, or MSC program**

2. **40+ social service agencies have accessed our programs for their frontline workers and clients**

3. **125+ professional facilitators certified through the MBCT & MBSR Certification programs**

4. **1 of only 3 organizations in North America and the only Canadian centre offering certified professional mindfulness facilitator training**

5. **2000+ individuals have taken part in our community services programs**

6. **500+ mindfulness-based programs have been delivered since 2011 – Beginning with 12 in 2011 and growing to 107 in 2018**

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**PARTICIPANT**

FRANCIS
COMMUNITY PROGRAM PARTICIPANT, 40 OAKS

**FRONTLINE WORKER**

SOCIAL SERVICE AGENCY

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**Receiving a bursary to attend a program at The Centre was a life changing moment. Understanding and practicing Mindfulness-Based Cognitive Therapy has been one of the most important learning experiences in my life.**

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**I am truly grateful for the Centre and the work they do in Regent Park. By making mindfulness accessible, it connects us in positive ways and helps us build community.**

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**It’s fulfilling to be able to learn a strategy that I can then pass onto my clients who struggle with anxiety and depression. I feel mindfulness has helped me become a better clinician.**
COMMUNITY PARTNERS & BENEFICIARIES 2018

Arrabon House
Dixon Hall Community Services
East Metro Youth Services
Fife House
Inner City Health Associates
LOFT Community Services
MLSE Launchpad
Newcomer Women’s Services Toronto
Out of the Cold of Beth Sholom Synagogue
Parkdale Activity-Recreation Centre (PARC)
Parkdale Queen West Community Health Centre
Sheena’s Place
Sistering
SKETCH Working Arts
Springboard Community Services
St. Joseph Health Centre
Stella’s Place
The 519
West Neighbourhood House
40 Oaks

FINANCIALS
April 1, 2018 to March 31, 2019

THANK YOU

TEAM

Board Members
Ana Serrano
Barry Boyce
Barry Watson
Eithne McCredie
Jeff Smith
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Nicholas Parker
Paul Woolner

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Grand Challenges Canada
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The Poile Family Foundation
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The Wesley & Mary Nicol Charitable Foundation

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Paul Woolner
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Tita Angangco

Mindfulness Challenge Fundraisers ($2,500+)
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Elaine Orsini
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Jeremy Finkelstein
Jo Bennett
Joanne McLean
Kunal Gupta
Laurie Arron
Lisa Duranteau
Meredith Fellowes
Patricia Rockman
Shawna Perlin
Tita Angangco

Volunteers
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Amy Ness
Andrew Adams
Ann Dugan
Anna Boyce
Blaine Little
Goshia Stachowiak
Julie Jarvis
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Lama Rod Owens
Marielli Rodriguez
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