

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 (2018):

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

1 person	2 persons	3 persons	4 persons	5 persons	6 persons	7 persons
\$25, 921	\$32, 270	\$39, 672	\$48,167	\$54, 630	\$61, 613	\$68, 598

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