YEAR ONE ACCOMPLISHMENTS

GROWING MINDFULNESS FOR MENTAL HEALTH FOR YOUTH & FRONTLINE WORKERS IN OUR COMMUNITY

A 3-Year Program funded by the Ontario Trillium Foundation

Frontline Worker Training

STAGE 1:
Partnered with 20 youth serving social service agencies.
65 frontline trainees completed an 8-week Mindfulness Based Stress Reduction (MBSR) Program.

STAGE 2:
100% of the participants said they would continue to practice what they learned. Results showed that after the MBSR program, the frontline trainees have lower perceived stress, improved well-being, and better mindfulness skills.
55 frontline workers completed the Mindfulness-Based Wellness Program for Youth Train-the-Trainer Intensive.
Frontline workers learned mindfulness core concepts, the MBW program, teachbacks, and how to modify to suit the needs of their clients and agencies.
Participants gave the training an 8.6 out of 10 rating.

STAGE 3:
Supervised Training Practicum of the MBW Program. 21 groups led by a Frontline Trainee delivered the MBW program to their youth clients and were closely mentored by experienced faculty members from the Centre.

Frontline Youth Worker Trainees said:

“I am a more attentive and calmer leader to my team.”

“I think I have developed a more nuanced understanding of what mindfulness is and how it can be incorporated into my life and practice. The practice element has taught me how to teach this and get buy-in from youth.”

“I’ve also benefited as a case manager and incorporated what I’ve learned into client sessions.”
The Centre helps those who face economic and social barriers, and who have little or no access to mental health services. The Community program is funded by revenues from our professional training and clinical programs, donations, events and grants. These programs are sound, long-term investments in the health and well-being of our communities.

Barry Patterson, Executive Director

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**OUR IMPACT IN 2019**

1744
People participated in a mindfulness program delivered by our Community Program for those most in need

130
Bursaries where provided to those in financial need

1700
Participants took a clinical Mindfulness-Based Group Program at reduced fee or a Professional Development Program through our Social Enterprise arm

28
Professionals completed the MBCT or MBSR Facilitation Certificate training

“"This has been the most helpful intervention / experience on my 10 year journey with depressive episodes."
MBCT Participant

“The 8-week MBCT gives me hope, and it gives me a safe space to be in and learn.”
MBCT Bursary Participant
COMMUNITY PARTNERS & BENEFICIARIES 2019

AboutFace
Arrabon House
Big Brothers Big Sisters
Brampton Salvation Army Youth Shelter
Centre Toronto Youth Services
CultureLink
Dixon Hall
East Metro Youth Services
Elizabeth Fry Toronto
Friends of Ruby
George Brown College
Jessie’s Place
LOFT Community Services
Massey Centre
Parkdale Activity-Recreation Centre (PARC)
Planned Parenthood
Sheena’s Place
SKETCH Working Arts
Springboard Services
Stella’s Place
StepStones for Youth
Surrey Place
University of Toronto
WE Charity
West Hill Collegiate
West Neighbourhood House
WoodGreen Community Service - Rites of Passage
YMCA
Youth Without Shelter
Youthlink

FINANCIALS

Revenues

- Professional Development Programs: $19,833 (1%)
- Personal Programs: $171,366 (12%)
- Fundraising: $590,473 (42%)
- Grants: $411,510 (30%)
- Other: $204,528 (15%)

Total: $1,397,710

Expenses

- Charitable Activities: $1,233,780 (92%)
- Management & Admin: $29,345 (2%)
- Fundraising: $77,800 (6%)

Total: $1,340,925

THANK YOU

TEAM

Board Members
Tita Angangco
Ana Serrano
Barry Boyce
Barry Watson
Eithne McCredie
Joanne McLean
Nicholas Parker

Staff
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Kat Estacio
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Marija Miskovic
Michelle Rango
Mylene Seguin
Patricia Rockman
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Volunteers
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Adrien Passerieux
Anne Jeffery
Amy Ness
Andrew Adams
Demit Ergin Boran
Evgenia Shestunova
Goshia Stachowiak
Kevin Lee
Lina Akkawi

DONORS

Grants & Foundations
Fourth Box Foundation
Ontario Trillium Foundation
The Poile Family Foundation

Donors ($1,000+)
Darren Higgins
Michael & Laura Paletta
Pat Rockman
Tita Angangco

Mindfulness Challenge Fundraisers ($2,500+)
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Joanne McLean
Laurie Arron
Meredith Fellowes
Patricia Rockman
Shawna Perlin
Trish Sullivan
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(888) 637 9186 • 180 Sudbury Street, Toronto, ON • MindfulnessStudies.com
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