



CENTRE FOR
Mindfulness
Studies

impactreport

2020



April 1, 2020 to March 31, 2021

Helping our Community Through the Pandemic

This pandemic year was unprecedented for all of us, truly proving the Centre's resilience and agility. We were able to quickly pivot to support our communities by moving our programs online. Here are key programs and resources we developed in response to Covid-19:

- 01 Managing Mindfully in an Uncertain World, a pay-what-you-can 4-week series to help people mentally cope with the stress and anxiety brought on by the pandemic
- 02 Two virtual toolkits were created for our community to support their mental health
- 03 Free daily online live meditation at noon
- 04 Free mental health program for frontline and healthcare workers



Our Impact

103 Bursary Participants



594 Professional Program Participants



939 Personal Program Participants



244 Managing Mindfully Program Participants



“

Sessions felt so safe and so open. I was comfortable showing up every week, confident that wherever I was in my mental wellness, the course would be supportive. This is one of the most practical and positive trainings I have taken.

Program Participant
2021

”

Equity, Diversity, & Inclusion at the Centre

The Centre recognizes its responsibility and continues to act to build sustainable change in **equity, diversity, and inclusion** in its workplace and programming. The greatest contribution we can make to structural inequities is to work collaboratively with the communities we serve to bring meaningful change. This past year we have:

- Created an **Equity, Diversity, and Inclusion** Advisory (EDI) Committee to provide direction and help shape our organizational EDI plan
- Provided EDI bursaries and scholarships to five recipients for professional programs
- Engaged an Equity Consultant to train staff and faculty on EDI and AOP, enhance our policies on EDI hiring practices, conflict resolution, and Saf(er) Spaces
- Continued membership in the **Canadian Council for Aboriginal Business** helping to promote, and strengthen a prosperous Indigenous community



United Way CARE Project

Community and Resiliency for Essential Workers

CARE is a 6-week online mindfulness mental health program designed by the Centre for caregivers, frontline and healthcare workers to help develop and sustain emotional well-being in the face of personal and workplace challenges posed by Covid-19.

The CARE program ran four times in 6 months, from October 2020 to March 2021.

408

Participants

275

Agencies participated in the program



Participants reported the following program benefits:

- Helped to develop and sustain their emotional capacity and well-being
- Provided a safe communal space to acknowledge the struggle of self-care
- Provided various meditation practices and other resources to incorporate into their everyday life
- Provided a sense of community and reduced their sense of social isolation

Testimonials:

“ I have noticed this mindful change within myself has contributed towards positive progression in the relationships I have with my family, clients and peers. I am no longer stuck inside my head with my own negative thoughts, rather, I am actively listening to what others are saying.

– W.C.

“ As we were all healthcare workers, the program really understood the nature of our work, its stressors, and our propensity to be better at caring for others than for ourselves - which served to help me recognize the benefits of implementing mindfulness into my daily life.

– J.W.

“ The CARE program combined practice and teaching which I think was appropriate to bring everyone together. We learned and experienced. We also had the option of extra practice groups which are very helpful to carve out time for mindfulness. I am very grateful that this was offered in my work place.

– H.S.



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

A 3-Year Program funded by the Ontario Trillium Foundation

YEAR TWO ACCOMPLISHMENTS



STAGE 1

- Partnered with 20 youth serving social service agencies.
- 63 frontline workers completed an 8-week Mindfulness-Based Cognitive Therapy (MBCT) Program.



STAGE 2

- 47 frontline workers completed the Mindfulness-Based Intervention (MBI) Program for Youth Train-the-Trainer Intensive.
- Frontline workers learned the MBI program, teach-backs, and how to modify to suit the needs of their clients and agencies.



STAGE 3

- Supervised Training Practicum of the MBW and MBI program.
- 41 MBW and MBI groups and workshops led by a Frontline Trainee (who were closely mentored by experienced faculty members from the Centre) were delivered to 447 youth clients.



Youth Participants said:

“ I have anxiety for which I am medicated for. However, meds only go so far. This workshop gave me tools to be okay and stay calm. It also gave me tools for self healing, and for that I am grateful!

“ Thank you so much for introducing me to these tools and skills and making the program accessible for folks that are not able to afford therapy like me!



Frontline Youth Worker Trainees said:

“ I have benefited personally and professionally from this program, and I am deeply grateful that we are able to take what we have learned and deliver these mindfulness-based programs in the community, especially to those who may not be able to access them otherwise.

“ I am encouraged to advocate for mindfulness in any workplace I am part of. The fact that such a comprehensive and in-depth training program is available to youth workers for free is amazing. We are a sector that is often underserved and has limited professional development opportunities for staff. This is an amazing gift to the sector!

COMMUNITY PARTNERS & BENEFICIARIES 2020

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
 Job Start
 LOFT Community Services
 Massey Centre
 Planned Parenthood
 Rose of Sharon
 Sheena's Place
 SKETCH Working Arts
 Springboard Services
 Stella's Place
 StepStones for Youth
 Surrey Place
 WE Charity
 West Hill Collegiate
 West Neighborhood House
 Woodgreen Community Services' Rites of Passage
 YMCA
 Youth Without Shelter
 Youthlink

THANK YOU

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Grants & Foundations

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 Ontario Trillium Foundation
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Donors (\$1,000+)

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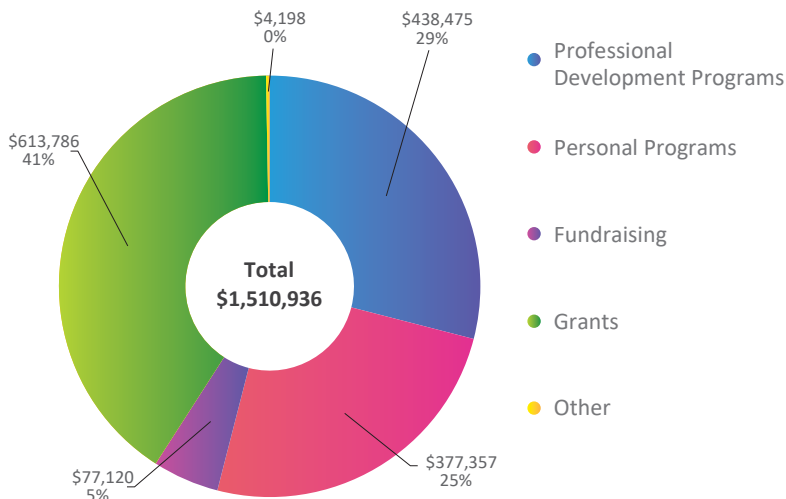
Mindfulness Challenge Fundraisers (\$2,500+)

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FINANCIALS

Revenue



Expenses

