



CENTRE FOR
Mindfulness
Studies 10th YEAR



10 Years

of Growing Mindfulness
for Mental Health in Our
Communities

IMPACT REPORT 2021



From Our Founders



Tita Ang-angco

Co-founder, Centre for Mindfulness Studies

The idea for creating the Centre was to address the mental health challenges within vulnerable groups by providing affordable access to a proven cost-effective mental health treatment program. We would create and provide professional trainings for clinicians who could deliver these programs with best in class standards of care.

”



Patricia Rockman

Co-founder, Centre for Mindfulness Studies

Over the last ten years I am most proud of the creation and implementation of our professional development programs delivered locally, nationally, and internationally to community service organizations, healthcare professionals, universities and government institutions.

”



Paul Woolner

Founding Chair of the Board of Directors

The Centre's success was taking an inspiring idea and the desire to do good and making it real, by being persistent and becoming organizationally sustainable. Many new enterprises do not survive their first year of business let alone a cause-driven non-profit charity. We did it as a bootstrap operation and the fact we are here today, more than ten years later is a testament to everybody who has contributed. I feel very proud about that.

”



Barry Patterson

Executive Director

Executive Director's Message

Looking back over the last ten years, the Centre has impacted the lives of so many people from all walks of life who struggle with mental health issues. The number of Canadians requiring mental health support continues to grow every year, creating an ongoing mental health crisis in our healthcare system. The pandemic and its aftermath has only intensified the strains put on our healthcare system and it is often the vulnerable and underserved individuals in our communities who get left behind. That is why our primary goal at the Centre has always been to make mindfulness-based programs for mental health accessible to all.

In 2011, we set up our home base near West Queen West with a space at St. Clare's, a social housing development at 180 Sudbury. There, we began to work with our first community partner Parkdale Activity and Recreation Centre (PARC), who were pivotal in helping us to establish and expand our Community Programs. We also began to deliver our mindfulness-based programs for a reduced fee or through our bursary program to anyone suffering from depression, anxiety, or stress.

Many people along the way, all driven by a passion to make a difference in people's lives, have had a hand in making our founders' vision come to life. The staff and faculty have been so committed to the Centre's cause. They have worked tirelessly over the years to innovate, expand, and reach more people. Our Board of Directors and volunteers have given their time, expertise, and abilities to our mission. Our partner organizations have collaborated and worked with us to bring our trainings and programs to their clients. Our sponsors, donors, and grantors provided much needed funds to do this work. It is all of you I think of when someone tells me how taking a mindfulness program at the Centre changed their life. Your impact is greatly felt.

In this year's report, we reflect on the past but also acknowledge the impact we have made on communities in need. We continue to design and implement programs for at-risk populations, such as frontline healthcare workers and youth. In the next ten years, we want to see our programs flourish, become embedded in the healthcare system, and be widely accessible to all Canadians and global citizens. We are excited about this future and hope you will join us.

”

Since 2011, more than
20,000
people have taken a
mindfulness program
from the Centre
to support their
mental health.

Voices from our Community Program



During the pandemic, this program had been very helpful because most youth were completely stressed out. They couldn't get out of bed or attend the online schooling, so I think this program was actually a little gem that came along at the perfect time. I don't think I would've been as helpful or useful to youth had I not had this program.

Lorena Murialdo
Planned Parenthood Toronto - Frontline Worker, Grow Project



Mindfulness has truly transformed me. I was just going through life, not really noticing much before. Practicing mindfulness in a group has opened both my heart and mind. It made me aware of how similar we all are and it has made me more present with others. It's overpowering to realize how connected we all are.

Francis
40 Oaks Member, Mindful Peer Leadership Program



This group accepted me and made me feel welcome. It is important for me to belong to something where I can fit in and not be judged. Mindfulness has helped me be aware of myself and my surroundings and feel like I can take better care of myself. Focusing on my breath is my 'go to' thing now when I get upset and anxious. It helps me be more accepting of myself and others.

Shelley
PARC Member, Mindful Peer Leadership Program



Before the program I could barely sit still. I now support another group of Syrian women with mindful art and drumming practices. I'm very grateful to have taken part in this program and I hope to continue to help others with mindfulness.

Hanan
Sistering Member, Mindful Peer Leadership Program



As part of the Grow Project, I facilitated multiple mindfulness series for young black women in 2020 when George Floyd and the Black Lives Matter movement came about. These were facilitated for black women as a healing modality, and to provide stress management and well-being tools. This project has been transformational in terms of my personal well-being and my professional trajectory.

Leslie-Ann Fullerton
Elizabeth Fry Toronto - Frontline Worker, Grow Project



10 Years of Milestones

2011	2012	2013	2012-2016	2017	2019	2021
Centre for Mindfulness Studies is Founded	Received first ever grant to deliver an MBCT Program for low-income seniors	Bursary Program Launched	Delivered Key Train-the-Trainer Programs for Frontline Workers (MSTM - Phases 1 & 2)	Mindful Peer Leadership Pilot Program	Grow Mindfulness for Youth Project	Celebrating 10 years of impact
The Centre for Mindfulness Studies becomes the first Canadian mindfulness for mental health charity, offering mindfulness-based programs to individuals and top of the line training for professionals wishing to deliver these programs.	Funded by the New Horizons for Seniors Program of the Government of Canada, the program helped 18 isolated seniors, clients of the Lawrence Heights location of the Unison Health and Community Services Agency, manage their depression and anxiety through mindfulness-based cognitive programs.	Thanks to the support of the 4th Box Foundation, we launched the Bursary Program for low-income individuals suffering from mental health and/or physical conditions. In this first year, 97 participants in need received a bursary to attend our MBCT programs.	In Phase 1 of the Managing Stress through Mindfulness program, we trained 40 frontline workers from 15 agencies across Toronto to deliver a mindfulness-based wellness program to 300+ of their co-workers. In Phase 2, 25 frontline workers from 11 agencies were trained to deliver mindfulness-based treatment programs to 300+ agency clients in Toronto.	We trained 19 peer leaders from 5 community-based organizations (Sistering, The 519, Fife House, PARC, CRC 40 Oaks and Newcomer Women's Services Toronto) to deliver mindfulness-based drop-in support sessions to 240 fellow peers in their communities.	Through an extensive 3-year train-the-trainer program, we trained 82 frontline workers across 33 youth-serving partner agencies to deliver mindfulness-based programs that supported the well-being and mental health of 1468 youth across Toronto.	We have provided 2,000+ bursaries, worked with 200+ social service agencies/community partners, and have served 2,000+ community program participants in the last 10 years.



2021 YEAR IMPACT

Spotlight

Mindfulness and Social Justice Pilot Project

Funded by the Catherine Donnelly Foundation

In 2021-2022, we developed and launched a pilot program, in collaboration with SKETCH Working Arts, for racialized individuals from underserved communities that explores mindfulness, social justice, anti-oppression, and their connection. The program's goal was to support participants' sense of wellness and resiliency, as well as equipping them with the tools and skills to address issues and barriers of social inequity and oppression. Sixteen participants joined the program where they also contributed to shaping the curriculum as they moved through the sessions.

This pilot project is the first phase in developing a curriculum integrating mindfulness, anti-oppression, and social justice for racialized individuals. The next phase is to secure additional funding and customize the program to specific groups and apply key learnings.

“Discussions and practices allowed for feeling a sense of community and space where I felt comfortable to open up and be vulnerable. This is one of the hopes I had coming in, and I saw that take place. I reflected on my own power and intersectionality and what that means, and the power that I hold in society, which was an interesting reflection for me. Most important was creating a space of care for all of us to feel safe.”

Program Participant, Mindfulness and Social Justice Pilot Project



Spotlight

Grow Mindfulness for Youth Project

A 3-year program funded by the Ontario Trillium Foundation

In early 2022, the 3-year Grow Mindfulness for Youth Project came to an end. The goal was to train 60 front-line workers across 15 youth-serving agencies in Toronto to deliver two mindfulness-based programs to underserved youth and their co-workers.

This project has brought much-needed mental health support to underserved youth in Toronto and did so at a particularly difficult time during the pandemic. Not only were the project goals exceeded over the 3 years, but a lasting impact was made on participants which set a foundation to extend similar mindfulness programs across Ontario and beyond.

“Within the first week or two, I saw the things I learned naturally integrating into my life. The tools I learned have made a huge impact on my relationship with anxiety.”

Youth Participant, Grow Project

1468

Youth reached

82

Frontline workers trained

228

Agency staff participants

33

Partner Agencies

2021 Year Impact

Spotlight

CARE:

Funded by Bell Let's Talk Community Fund and TD Resilient Communities Fund

In 2021, the mental health of healthcare workers, caregivers, and frontline workers continued to suffer due to the stressors and anxiety brought on by the challenges of the Covid-19 pandemic. We were able to continue offering our free 6-week CARE Program, due to the generous support of our funders.

This program made a real difference in helping to alleviate some of the emotional distress these essential workers were facing and provide them with beneficial coping skills and tools.

The total number of healthcare workers participated in 2021 was

527



“**This program and the facilitators made me feel that I’m not alone in my current feelings** and that someone was there who cares about how we were coping and feeling.”

- Frontline Worker, CARE Program

“**The CARE Program has taught me that I am not alone in my suffering** and the tools and guidance have effectively managed my anxiety and depression.”

- Frontline Worker, CARE Program

“**The teachings have made me able to cope with such an increased state of stress and anxiety throughout this pandemic.**

It has made me appreciate what we all have and that there is always light at the end of the tunnel.

- Frontline Worker, CARE Program



THANK YOU

COMMUNITY PARTNERS & BENEFICIARIES 2021 / 22

Arrabon House
Big Brothers Big Sisters of Toronto
Brampton Salvation Army Queen Youth Shelter
Catholic Family Services
China-Canada Mindfulness Association
Covenant House
CultureLink
Dixon Hall
Elizabeth Fry Toronto
Friendly Care
Friends of Ruby
Hamilton Community Legal Clinic
Jessie's – The June Callwood Centre for Young Women
LOFT Community Services
Massey Centre
Planned Parenthood Toronto
Rose of Sharon Services for Young Mothers
Reconnect Community Services
Sheena's Place
SKETCH Working Arts
Springboard Services
St. Michael's Family Health Team
Stella's Place
StepStones for Youth
Strides Toronto
Surrey Place

TEAM

Board Members

Tita Angangco
Barry Boyce
Barry Watson
Sumita Matta
Nicholas Parker

Staff

Antoinette Mak
Barry Patterson
Blakie Sahay
Jennifer Jeffery
Jeremy Finkelstein
Kim Ronaline Salvador
Marija Miskovic
Michelle Ragno
Mylene Seguin
Patricia Rockman
Prabh Dhami
Theo Amory

DONORS

Grants & Foundations

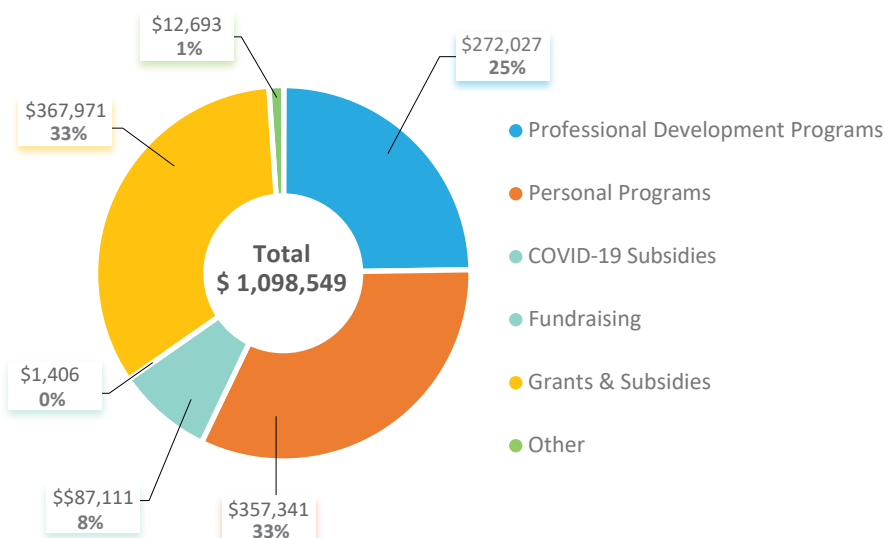
Ontario Trillium Foundation
Catherine Donnelly Foundation
BELL Let's Talk Community Fund
TD Resilient Communities Fund
R.H. Webster Foundation

Volunteers

Angelyn Xie
Pooja Gogia
Ariele Roh
Katy Miller
Yenushka Karunaratne
Romina Monastero

FINANCIALS

Revenue



Expenses

