



CENTRE FOR
Mindfulness
Studies

2023/
2024

Impact Report



April 1, 2023 - March 31, 2024



Year in Review

This year saw the Centre strengthen its engagement with communities and individuals to build resilience and well-being as we recover from the disruption and uncertainty of the pandemic era.

Our work included operations at full-scale in the Mindful Campus Initiative with four participating universities across Canada and the launch of a project in the Philippines to develop a mindfulness-based resilience intervention for front-line workers. In both cases, the Centre's approach has reflected a continued shift from treatment (MBCT/MBSR) to prevention and wellness. We also began working in partnership with CMHA BC to develop a training initiative for workplace mental health.

The Centre achieved its goal of providing Canadians with greater access to Mindfulness-based programs by offering them directly to clients and training professionals so they can deliver them to their own clients. This year, our mental health support and treatment programs reached 668 participants in addition to which our professional development program trained 200 participants in a full range of mindfulness-based interventions.

In this report, we shine a spotlight on some of our most impactful projects for front-line workers and post-secondary students. We also provide updates on our community initiatives and fundraising events that help us bring mindfulness-based mental health programs to underserved communities.

Over the 12+ years that the Centre has been in operation, it has delivered mindfulness programs directly to some 20,000 clients and trained over 500 mindfulness-based facilitators.

We are immensely grateful for the generous support, guidance and dedicated efforts of our donors, partners, staff, faculty and volunteers. This support will be more critical than ever as we work to deepen and extend our local community-based and international programs in the coming years.

Tita Ang-angco

Co-founder & Board Member

"I suffered for years from a combination of pain, depression and sleep problems. I cycled back and forth between antidepressants, sleeping aids and pain medications. My symptoms became so tightly braided that nothing helped. The self-knowledge and techniques I gained in the MBCT course loosened the knot - and has given me hope that I can return to my life."

- MBCT Program Participant

200

**PROFESSIONAL
PROGRAM
PARTICIPANTS**

668

**PERSONAL
PROGRAM
PARTICIPANTS**

CARE Program



In 2023, we continued to offer our free 6-week CARE Program to **healthcare workers, caregivers, and frontline workers**, thanks to the generous support of our funders. This program provided essential tools and strategies to help participants manage stress, build resilience, and foster well-being.

Key program benefits include:

- **Easy to incorporate** mindfulness practices for everyday life
- **Accessible strategies** for managing stress and handling difficult situations
- **Reinvigorated interest** in maintaining a consistent mindfulness practice
- **Enhanced ability** to support others

232

Frontline workers

The CARE Program continues to support the well-being of those who dedicate their lives to serving others. Its compassionate approach equips participants with tools not only for personal growth but also for fostering healthier, more supportive workplaces.

"The techniques I learned are easy to share and implement with the people I work with."

"It reminded me to pause, breathe, and recognize my humanity, which has improved both my personal and professional interactions."

"I feel lighter and more focused, which helps me work more effectively with clients and colleagues."

mindful campus

Empowering students to develop essential skills for thriving and adapting in today's challenging environment



Key program features

The Mindful Campus Initiative, led by OCAD University and in collaboration with the Centre, has created a model for promoting **resilience** and **well-being**:

- The Mindfulness for Resilience Program (MRP)
- The Everyday Mindfulness video series
- Mindful Gathering Spaces
- An accessible digital hub that provided resources and self-paced content

Supporting students

Community-driven activities and on-campus events were effective in engaging students and fostering meaningful connections. The program also addressed broader student needs, such as food insecurity, by providing meals and grocery packs during events.



Program highlight

The **capacity-building** component successfully trained:

82

staff

26

student peer
facilitators

across

4

partner
institutions



Community Initiatives

Community Open House

On September 21, 2023 (World Gratitude Day), we held a free Community Open House to express our appreciation for our community and engage in some fun, mindful experiences together, including:

- guided meditations
- an outdoor mindful movement practice
- an exercise using our new gratitude wall at the Centre!



Community
OPEN HOUSE

• 180 Sudbury St •

Saturday, September 23

Outdoor Meditation • Mindful
Movement • Gratitude Practice •
Refreshments

Let's come together in celebration of
World Gratitude Day!

Free Weekly Mindfulness Drop-in Program

We continued to offer free weekly online mindfulness sessions every Thursday to our community. These 30-minute sessions offer a safe space to support the mindfulness practice of current and past program participants within a mindful community.

Partnership with Across Boundaries

In February and March 2024, we partnered with *Across Boundaries*, an ethnoracial mental health centre, and provided two free 6-week in-person and virtual Mindfulness Programs for Well-Being and Resilience, tailored to address mental health challenges faced by racialized and Black youth and adults.

Fundraising Events

Rediscovering Calm in a Chaotic World with Mark Williams



On October 25th, 2023, we organized a public talk and fundraising event with renowned mindfulness expert, author and Oxford professor Mark Williams to help raise funds for our Community Program and bring mindfulness-based mental health programs to underserved communities.

Breathe in...Laugh Out! Virtual Comedy Fundraiser

On February 29th, 2024, we celebrated the Leap Year and raised funds for the Centre with a night of improv, comedy, live music, and mindfulness. This lively comedy event helped the Centre raise money to help those most in need who are unable to access mindful mental health support.



THANK YOU

COMMUNITY PARTNERS & BENEFICIARIES 2023

Across Boundaries
Canadian Mental Health Association, BC
Division
Concordia University
Kwantlen Polytechnic University (KPU)
NSCAD University
OCAD University

DONORS

TD Ready Commitment
Public Health Agency of Canada

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FINANCIALS

Professional Development Programs

Personal Programs Other (\$365, 0.02%)

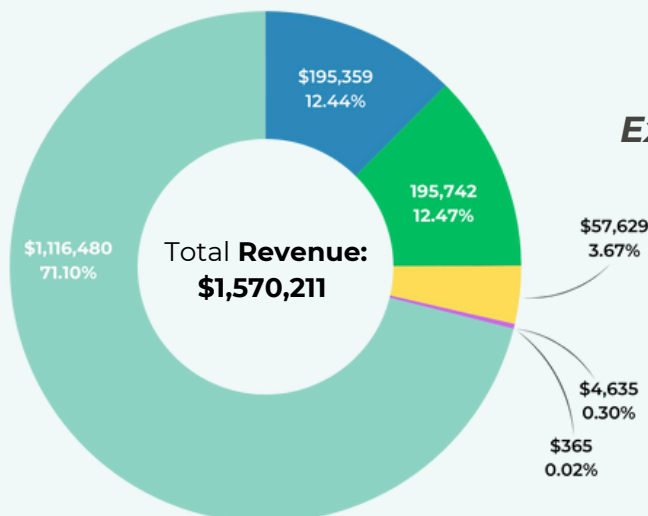
Interest Income Fundraising

Grants & Subsidies

Management & Admin Fundraising

Charitable Activities

Revenue



Expenses

