

Mental Health Programs



Mindfulness for Stress

2-hours weekly for 10 weeks

Teaches mindfulness meditation, allowing participants to ground themselves in the present moment, disengage from constant worries about the future and regrets from the past. Led by mental health clinicians.



Mindfulness Tools for Daily Living

2-hours weekly for 4 weeks

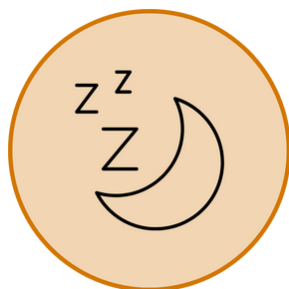
Introduces the principles and practices of mindfulness in a brief 4-week program, providing an opportunity to sample and apply these to everyday life. Mindfulness is helpful for stress management and self-compassion. Led by mental health clinicians.



Mindfulness for Anxiety and Depression

2-hours weekly for 10 weeks

For individuals who suffer from repeated episodes of depression, anxiety, and chronic unhappiness. The program combines cognitive therapy with meditative practices. Led by mental health clinicians.



Introduction to Sleep and Insomnia

2-hour workshop

Explores how thoughts and behaviours interact to interrupt sleep. This is a first choice treatment for individuals who experience issues with insomnia or poor sleep. A 6-week follow up program 'Understanding Sleep and Insomnia using CBT' is available that provides more in-depth education and strategies. Participants must attend the workshop first. Led by mental health clinicians.

Nutrition Programs



Diabetes Prevention

2-hour workshop

Teaches about lifestyle choices to help reduce the chance of diabetes through the promotion of healthy lifestyle changes that support health and blood sugar control. Led by registered dietitians.



Heart Health

2-hour workshop

Promotes healthy lifestyle changes that support heart health. This includes making lifestyle changes to improve cholesterol levels, and blood pressure, and reduce the risk of heart disease. Led by registered dietitians.



Congestive Heart Failure

2-hour workshop

Teaches about nutrition and medication management of Congestive Heart Failure. Family members or caregivers are encouraged to attend this workshop with the patient. Led by registered dietitians and pharmacists.

Introduction to Mindful Eating

2-hour workshop

Introduces the concept of mindful eating, which involves eating with awareness and intention. Explores what drives eating choices and how to build more awareness around relationships with food. Led by registered dietitians.



Mindful Eating: Exploring the 'Whys' of Eating

2-hours weekly for 6 weeks

Explores relationships with food and uncovers that there is more to food than just nutrients. Participants learn how to identify eating triggers and develop strategies that can help make lasting changes to eating and food choices. Led by registered dietitians.