

BE BRAVE ★ BE KIND ★ BE PRESENT

www.bebravebekind.ca

A CREATIVE, MINDFUL COUNSELLING PRACTICE FOR CHILDREN, FAMILIES AND INDIVIDUALS



MBSR 8 WEEK PROGRAM - INFO SHEET

HOW CAN MINDFULNESS HELP ME?:

The Mindfulness Based Stress Reduction program was designed to **change the relationship we have with suffering: pain, stress, as well as challenging thoughts and emotions.** After years of research and practice, we have found that this 8 week MBSR program significantly improves participants' wellness, sense of balance, emotional self-regulation and relationship to negative thoughts, feelings and pain sensations.

WHY IS IT SO EFFECTIVE?:

The MBSR program teaches mindfulness through *practice*. We explore and practice Mindful Parenting techniques, meditation, mindful movement and stress management in a safe and small group environment. This is reinforced through daily homework. This intensive program has the potential to help you ***respond, rather than react to life's parenting stresses and struggles.***

WHAT TO EXPECT:

Over the course of 8 weeks, we explore:

- Your relationship with anger, stress, suffering and pain.
- The practice of being aware of the present moment with a kind, open and curious attitude (one definition of Mindfulness)
- Meditation (how to meditate (sitting and walking) and bring the practice of calmness and reflection into your daily life)
- Mindful moving (learning how to reconnect the mind and body through movement)
- Mindful parenting resources (books, games, tools, etc).

Weekly Schedule:

- Week 1: Introduction to mindfulness and mindfulness-based skills - awareness and presence
- Week 2: Role of perception in shaping our reality, learning to be with ALL experiences.
- Week 3: Being vs doing mode
- Week 4: Stress and stress reactivity - awareness of parenting patterns
- Week 5: Responding to stress vs reacting to stress
- Week 6: Challenging communication with our kids, partners and colleagues
- Week 7: Bringing what we are learning into action!
- Week 8: Keeping mindfulness alive in our day to day life.

DETAILS:

- Orientation: January 16th - 7-8pm (in person) or by phone
- Classes begin Tuesday, **January 23rd** and ends **Tuesday, March 13th**.
- Time: **7-9:30pm**
- Full Day silent retreat is **Saturday, March 3rd** from 9am-3pm.
- Location: Surround Circle Yoga (Southminster United Church): 15 Aylmer Ave, Ottawa

COST:

- **Early registration** (until December 25th): **\$450**
- On or after December 25th: **\$500 CAD**
- Clients that have taken my Mindful Parenting Workshop will receive a \$50 discount.
- I do offer this course on a sliding scale (based on family income) - please contact me for more information.
- Most [insurance](#) companies recognize the MBSR course as a therapeutic program. Please contact your insurance company to see if they cover Social Work Counselling. Here is the information that many insurance providers require:

Details:

- Mindfulness Based Stress Reduction Program
- 8 week therapeutic course: January 23 - March 13, 2018
- Surround Circle Yoga - 15 Aylmer Ave, Ottawa, Ontario
- 7-9:30pm
- Full day silent retreat: March 3, 2018 from 9-3pm

Social Worker:

- Rebekka Wallace Roy, MSW RSW
- Registered Social Worker - Licence # 813393
- MBSR Teacher trainee with UC San Diego

MBPTI Mentor:

- **Gwen Morgan MA MSW RSW**
- Registered Social Worker - Licence # 776558
- Certified Teacher in MBSR & MBCT with UC San Diego and the Centre for Mindfulness Studies, Toronto

Costs:

- **Before December 25th:** \$450 includes 30 min orientation session, 8 week, 2.5 hour therapeutic programming, 6 hour full day silent retreat, and comprehensive handout.
- **On or after December 25th:** \$500 includes 30 min orientation session, 8 week, 2.5 hour therapeutic programming, 6 hour full day silent retreat, and comprehensive handout.
- If you have participated in a previous workshop, contact Rebekka for your \$50 discount.

WHAT IS INCLUDED:

- Orientation via phone or in person (30 minutes)
- 8 Weekly Classes, 2.5 hours
- Comprehensive handout and meditation recordings
- 1 All-Day Retreat, 6 hours

VERY IMPORTANT DETAILS:

- **This is an intensive program** that requires levels of emotional, mental and physical stability (stable housing, a yoga mat, access to internet and meditative space, no current psychiatric diagnoses, and time for homework).
- If you have recently been diagnosed with depression or another significant mental health issue (i.e., anxiety, panic attacks, schizophrenia, etc) or have suicidal thoughts, this may not be the right time for you to take this program. I am happy to refer you to other therapists in the city who might best fit your needs.

HOW TO REGISTER:

- Email Rebekka at rebekka@bebravebekind.ca to request a spot (this program can fill up fast and may have a wait list).
- Fill out the Intake form and send it back with an e-transfer of \$100 for the deposit (or pay in full).
- If you are unable to send an e-transfer, please let Rebekka know. You can also pay online using your credit card through her website: <http://bebravebekind.ca/store/p1/MBSRprogram4parents>.
- In the case of cancellation, your deposit will be returned to you or transferred forward to the next MBSR group or Mindful Parenting workshop.

SUGGESTED READINGS:

- *Simplicity Parenting* by Kim John Payne
- *Ready, Set Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family* by Carla Naumburg, PhD
- *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate* by Susan Kaiser Greenland
- *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* by Dan Siegel, MD & Mary Hartzell, M.Ed.
- **Please visit my website for more information about these books, and my favourite children's books.**

Questions? Please don't hesitate to contact me!
I'm happy to chat with you!



BE BRAVE * BE KIND * BE PRESENT

IRRITABLE? ANGRY?
STRESSED? SAD?

Give yourself the gift of Mindfulness!



MINDFULNESS BASED STRESS REDUCTION

8 WEEK PROGRAM

RESPOND RATHER THAN REACT
TO LIFE'S CHALLENGES, STRESSES
& CAREGIVING STRUGGLES

→ COURSE BEGINS JANUARY 23, 2018 ←
REGISTRATION IS ON NOW!

\$450 before December 25
\$500 on/after December 25
\$750 for two people
(couples or friends)
May be covered by
extended insurance

Rebekka Wallace Roy
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@bebravebekind

BE BRAVE * BE KIND * BE PRESENT



Gifts come and go, but "Presence" can last forever!
In 8 weeks, you can learn to respond with patience,
communicate with compassion & experience
the world with courage, love & kindness in your heart.

Receive up to 25% off
before December 25th!
visit www.bebravebekind.ca for details

BE BRAVE * BE KIND * BE PRESENT

Mindful Parenting Workshops

Mindfulness Based
Stress Reduction
(MBSR) programs

Mindfulness Education
for children, schools,
teachers & parents

Counselling



PLEASE VISIT
www.bebravebekind.ca
FOR MORE INFORMATION