



CENTRE FOR
Mindfulness
Studies

2022 Impact Report



April 1, 2022 to March 31, 2023

A Year in Review

Our Impact

This past year 22/23, the Centre continues to keep its promise to provide mindfulness-based mental health services to those most in need.

Our focus as we transition out of the pandemic was to create impactful projects tailored to equip young people with essential skills to nurture and sustain their mental health and overall well-being.

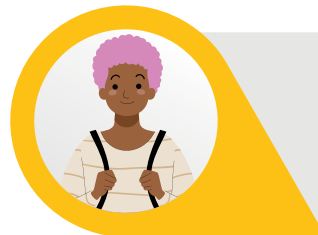
In this report, we shine a spotlight on these significant projects for youth and post-secondary students and highlight the positive impact they have had on their lives.



156
**PROFESSIONAL
DEVELOPMENT
PARTICIPANTS**



432
**PERSONAL
PROGRAM
PARTICIPANTS**



40
**BURSARY
PARTICIPANTS**

“

The MBCT course at the Centre for Mindfulness Studies helped me get through a very painful period of my life with depression. I was surprised how much relief it had provided by the end. Looking for mental health support within my budget was a little demoralizing so I was especially grateful for the bursary they offered that made my healing possible.

2022 Bursary Participant



CARE Program

Funded by the Echo Foundation

In 2022, we were able to continue offering our free 6-week CARE Program to healthcare workers, caregivers and frontline workers due to the generous support of our funders.

403

Frontline workers participated in the program.

Participants highlighted the following benefits:

- Learned mindfulness and compassion-based skills applicable in daily life and managing stress
- Enhanced compassion for self and others
- Recognized moments for mindfulness and self-care
- Gained resources to share with clients

The benefits of the program extended beyond the sessions

Not only did participants develop skills to enhance their own emotional well-being, but they also shared the learnings and materials with their co-workers and clients.

“

I found this program to be very helpful – it provided me with simple tools for self-care that can be used throughout the day to decrease stress and anxiety.

Frontline Worker, CARE Program





Mindfulness for Well-Being and Resilience Program for Toronto At-Risk Youth

Funded by the TELUS Friendly Future Foundation

From September to November 2022, 49 youth (aged 14-18) took part in our Mindfulness for Well-Being and Resilience Program for Toronto At-Risk Youth, a 6-week online mindfulness-based mental health program to develop and sustain the emotional well-being of youth in the face of personal challenges posed by the Covid-19 pandemic.

Youth from Catholic Crosscultural Services and the West Scarborough Neighbourhood Community Centre took part in the program.

Participants reported that they developed skills to cope with stressors and improve their well-being, and developed a greater sense of social connectedness.

Nine youth also took part in a 3-day training for peer leaders.

There they learned to guide meditations and mindfulness practices for their peers in their communities.



“

During pressure under homework I would use mindfulness to calm down and relax. In the future, I would create a club in my school, so I can spread these exercises to the people in my community.

Youth Participant

The Mindful Project



Mindful Project for Post-Secondary Students

Funded by the Ministry of Colleges and Universities

The Centre delivered a 6-week mindfulness-based mental health program to develop and sustain the emotional capacity and well-being of post-secondary students.

In 2022/2023, the Centre delivered 6 mindfulness-based programs to 219 students from Toronto Metropolitan University, University of Guelph, OCAD University, University of Guelph-Humber and Humber College.

The project also included a training and mentorship program for 9 student peer facilitators across partner institutions on facilitating mindfulness-based practice support sessions for their peers. The student peer facilitators assisted in the delivery of 30-minute practice support sessions with the Centre's mentorship and guidance.

“

I loved the interaction and sense of community this program offered! I learned so many mindfulness strategies and I definitely expanded my tools for responding to stress. Overall, it was such a great program that I would recommend to all students!

University of Guelph participant

“

I had a wonderful time in this program and was able to learn a lot of useful strategies that I will be using to incorporate mindfulness in my life. I hope that this program can continue being held for students free of charge because it is very useful considering the busy lives of students and the stressors that we face.

Toronto Metropolitan University participant



mindful campus

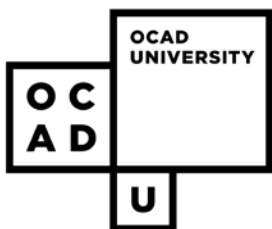
This program is designed to help post-secondary arts and design students develop skills and techniques that will support them in flourishing and adapting within today's challenging times.

The project is led by OCAD University, in collaboration with the Centre, and includes post-secondary arts and design institutions across Canada.



As the mental health collaborator, the Centre is designing and delivering the initiative's emotional health and well-being programs. This includes a video series introducing mindfulness, a live in-person and online mindfulness program, practice support sessions, peer and staff training.

The program was piloted at OCAD in March 2023 and funded by the Public Health Agency of Canada. It will be rolled out at the partner institutions in fall/winter 2023/24.





An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

Ontario Trillium Foundation Resilient Communities Fund

Thanks to the generous support of the Ontario Trillium Foundation, we were able to purchase new equipment and technology to make our main programming room equipped as a blended learning smart room community space, making our programs adaptable to different formats to service the needs of diverse clients in our community.

As part of the grant, the Centre's staff was trained on how to use the new smart room space for hybrid learning (in-person and virtual), and the room was equipped with specialized furniture and equipment which included air purifiers, with modular desks and chairs, to maintain the health and safety best practices during and post the pandemic.

The grant also funded a fundraising consultant who supported the Centre in fundraising activities and worked with us on developing a fundraising plan.

THANK YOU

COMMUNITY PARTNERS & BENEFICIARIES 2022

Concordia University
Catholic Crosscultural Services
Humber College
Kwantlen Polytechnic University (KPU)
MICBA Forum Italia Community Services
NSCAD University
OCAD University
University of Guelph
University of Guelph-Humber
Toronto Metropolitan University
West Scarborough Neighbourhood Community Centre

DONORS

Grants & Foundations

Ontario Trillium Foundation
Telus Friendly Future Foundation
Ministry of Colleges and Universities
ECHO Foundation
TD Community Resilience Fund

Mindfulness Challenge Fundraisers (\$1,500+)

Barry Watson
Pamela Hill
Patricia Rockman
Laurie Arron
Jennier Boucher
Kimberley Thompson

TEAM

Board Members

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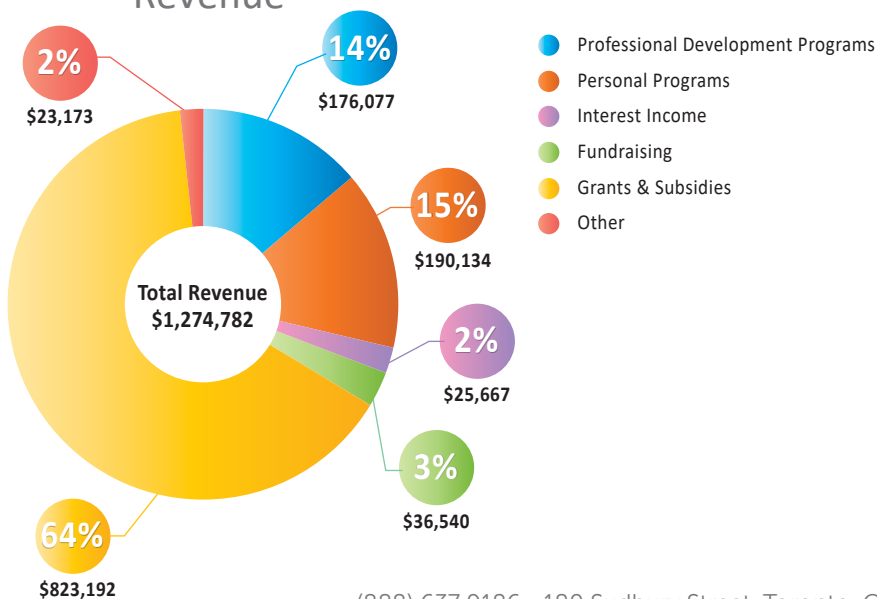
Marija D. Miskovic
Michelle Ragno
Mylene Seguin
Prabh Dhami
Rachel Bloomfield
Theo Amory

Volunteers

Bob Silverberg
Pamela Hill
Nicholas Brinkman

FINANCIALS

Revenue



Expenses

