

Mindfulness Group Practice Opportunities for the Public (as of March 2016)

[Atlantic Contemplative Centre](#)

Halifax Mindfulness Open Drop-In Group meets Wednesdays, 12:00 -1:00pm, Saint Mary's University, Homburg Health and Wellness Centre (entrance located off Tower Road, across the street from Grammar School), Room HC213 (Multipurpose Room). Hosted by faculty of the Atlantic Contemplative Centre: mindfulness instruction, practice, discussion of applications to life. Free to all, no registration needed. For information email jtorbert@eastlink.ca or call 902-431-9954
Note: In September 2016 this group will move to new location; stay tuned for details.

Dartmouth Mindfulness Open Drop-In Group meets Thursdays, 4:00-5:00pm, Dartmouth Community Health Team, 58 Tacoma Drive, Dartmouth. Hosted by faculty of the Atlantic Contemplative Centre: mindfulness instruction, practice, discussion of applications to life. Free to all, no registration needed. **Email jtorbert@eastlink.ca** , call 902-460-4555, or visit www.communityhealthteams.ca

Mindfulness in Mental Health Open Drop-In Group meets Thursdays, , 12:00 -1:00pm, Halifax Community Health Team, 6080 Young Street, Suite 105. Hosted by Lauchlan Learned MSW and other faculty of the Atlantic Contemplative Centre: mindfulness instruction, practice, discussion of applications to mental health and wellbeing. Free to all, no registration needed. **Email jtorbert@eastlink.ca** , call 902-460-4560, or visit www.communityhealthteams.ca

Chebucto Community Health Team (Spryfield) – Noon-hour meditation hosted by Yvonne Macor and Meditate Canada. Visit www.communityhealthteams.ca or call 902-487-0690 or 902- 431-0111.

Local universities & colleges

- Dalhousie University, Dr. John Lovas offers 8-week mindfulness programs for Dalhousie staff and faculty, and some for the public. Call 902-494-1674
- Dalhousie University, Dr. Elisabeth Gold hosts mindfulness practice Mondays from 12:15 - 12:45pm in Tupper Building, Room 14B. All are welcome.
- Mount Saint Vincent University, contact kim.macaulay@msvu.ca

Mindfulness and Emotional Wellness — Molly De Shong, MEd. and Lauchlan Learned, MSW offer this 8-session program based on Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy. Open to the public, no experience required. Visit Saint Mary's University Continuing Education: <http://www.smu.ca/academics/health-and-wellness.html> or call 902-420-5492.

Mindfulness-Based Stress Reduction (MBSR) & Mindfulness-Based Cognitive Therapy (MBCT)— Programs are offered by Marion Stork, Elisabeth Gold, Molly De Shong, Elizabeth Shein, Jacqueline Milner and others. Search the internet using these keywords to find out more.

Other places to explore mindfulness: *Buddhist and (many) yoga centres, psychologists, counsellors, social workers, therapists trained in bringing mindfulness into their work.*