



**JOIN WITH US
FOR OUR
MINDFULNESS
GROUPS**

@ MGUC

WHAT IS MINDFULNESS?

Mindfulness just means to be intentionally mindful in a non-judgemental way. Being more mindful is a method to reduce stress, help you feel better, and improve your sense of well-being.

WHY MINDFULNESS GROUPS?

If I want to be more mindful, can't I just be mindful on my own? Sure, but in the group you will learn specific methods and practices that have been well-researched and tested.

WHO SHOULD COME?

Everyone who suffers from stress or feels their life is out of control. So basically, everyone!

SCHEDULE

| DATE | TOPIC |
|---------------|------------------------------------|
| OCT 16 | Stepping out of automatic pilot |
| OCT 23 | Living in our bodies |
| OCT 30 | Being in the present moment |
| NOV 6 | Being present with strong feelings |
| NOV 13 | Acknowledging things as they are |
| NOV 20 | What's next? Maintaining practice |

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”
Jon Kabat-Zinn



TIMES

We will have sessions at both 1 pm and 7 pm on each date.

LOCATION

We will meet in the well-come room at Martin Grove United Church.

FOR MORE INFORMATION

Contact Rev. Paul (647-700-7129) or visit our web site at mguc.ca.

