



# Mindfulness Based Stress Reduction (MBSR):

## North York (8 Week Evening Program)

Facilitators: Dr. Neil Levitsky and Larry Borins, MSW

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Do you want to learn to live more in the present moment?  
Do you want to deal better with life's stresses and problems in a less reactive, calmer way?

Mindfulness is a non-judgmental way of paying attention in the present moment. This helps us to relate differently to life problems, and conditions such as Depression and Anxiety, opening us to the possibility for change, reducing our reactivity.

The main way we formally practice mindfulness in this program is through various forms of meditation and gentle yoga. These are practiced at home; you can expect about an hour a day of homework.

**Fees:** \$350 (includes all materials). Those with extended health insurance may be covered for some or all of this cost under psychological services.

**To Register Please call:** Dr. Neil Levitsky (416) 515-7741

### **FALL Session for 2012**

**The course consists of:**

8 weekly sessions 2.5 to 3 hours each, and one 6 hour session as follows:

Every Wednesday from October 10th to November 28th, 2012, 7:00-9:30 pm and one Sunday session from 10 am to 4:00 pm (date TBA, likely early November).

**Location:** 3080 Yonge St., #5016, North York – at the northwest corner of Yonge and Lawrence

**Dr. Neil Levitsky, MD, FRCPC** is a Psychiatrist with strong interests in CBT and mindfulness for depression and anxiety. [www.cognitivetoronto.com](http://www.cognitivetoronto.com)

**Larry Borins, MSW, RSW** is a Marriage & Family Therapist in private practice with a passion for mindfulness and CBT. [www.mindfultherapist.ca](http://www.mindfultherapist.ca)