

the mindfulness-based stress reduction program for families

With the growing demands of modern life, familial relationships often fall victim to the weight of stress and anxiety. The constant juggle between work, school, personal commitments, and household responsibilities can easily take its toll on families, leading to feelings of overwhelm and strain. This is where the mindfulness-based stress reduction program for families comes in. This program offers a much-needed lifeline for families struggling to cope with daily stressors.

Founded by Gina Beigle in 2004, this tailored mindfulness-based stress reduction program originally created for teens has been adapted for families. This program enables an open and safe space for both child and parent to connect in a new way, fostering a stronger and more positive familial bond. It's perfect for youth ages 14 and adult caregivers, who want to learn valuable life skills, including managing stress, anxiety and emotional regulation, and developing a more positive mind-set.

potential benefits of MBSR for families program:

- Heightened self-awareness
- Increased ability to respond to daily stressors in a productive and adaptive manner
- Reduced emotional reactivity and mental distress
- Improved management of daily tasks
- Cultivation of a healthy relationship with body and mind
- Enhanced sense of connection to oneself, family members, and the world
- Elevated mindset and overall quality of life

program structure:

The MBSR for families program consists of eight 90-minute weekly sessions, which are conducted in person. Over the course of eight, participants will take part in a range of activities, including:

- Mindfulness practice, self-reflection, and dialogue

- Exploration on topics such as stress, developing and strengthening mindfulness, cultivating self-

care, working with troubling thoughts, developing positive coping strategies, being mindful in

relationships, and making mindfulness a part of everyday living.

as a part of the program, you'll receive:

- Access to audio recordings for mindfulness practices
- A comprehensive MBSR-T Program Guide (available in PDF or hard copy for additional cost)
- Additional guidance and support, tailored to your needs

Family MBSR-T program fee:

- One child + One Adult Caregiver:

- 8 weekly sessions, each 90 minutes
 - Eight weekly payments of \$195 for a total of: \$1560 + gst
 - + \$200 for additional caregiver or child