



The
NeuroNova Centre
for Mindfulness-Based Chronic Pain Management

FREE Mindfulness-Based Chronic Pain Management Course – Level 1

When: Monday afternoons, 1:30pm to 4pm
September 18 to December 11, 2017*
*No class on Oct 9 for Thanksgiving

Kingston Community Health Centre,
263 Weller Ave, Kingston

Participating Remote Sites:

Rideau Community Health Services
2 Gould St, Unit 118, Smiths Falls (via OTN)

To be confirmed:
North Lanark Community Health Centre (via OTN)
207 Robertson Dr, Lanark

Napanee and Area Community Health Centre
26 Dundas St W, Napanee (via OTN)

MBCPM Level 1 is a 12-week course where patients with chronic pain/disease learn the principles of Mindfulness meditation and how these relate to suffering less pain. Mindfulness assists in better pain control by changing the intensity of both emotional and physical pain suffering in a very positive way.

- Each class is 2 ½ hours long (with a 15 minute break)
- You may self-refer or your physician may refer you. Please send your registration form or referral to Danielle Deptuck at danielled@kchc.ca or by fax 613-542-7657.
- Once your registration/referral form has been received, you will be added to our waiting list and contacted when a spot opens.
- Course enrolment & materials (cost \$200) is being covered by the Self-Management Program of Southeastern Ontario.

The Mindfulness Level 1 Courses are now being taught by our local facilitators Ruth Dubin and Evelyn Bowering, all of whom met the rigorous training requirements.

For questions, please contact the NeuroNovaCentre Office at 416-461-4333 or Danielle Deptuck (Program Administrator, Self-Management Program of Southeastern Ontario, Kingston Community Health Centres) at 613-542-2949 x1179.

Supported by:

LivingWell
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Self-Management Program  Ontario



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