

MARS-A Information for Youth & Families

Mindfulness Awareness and Resilience for Adolescents

Spring 2021
online

90 minutes/week
for 8 weeks

Ages 15-19
Years

Mindfulness is “paying attention in a particular way: On purpose, in the present moment and without Judgment” - Jon Kabat-Zinn

Much of our stress, pain and anxiety comes from being pulled away from the present moment, with regrets about the past, worries about the future, and judgments about the present. Mindfulness practice can help us develop skills to deal with our daily struggles.

Foundry Comox Valley (CV) is offering MARS-A a program developed specifically for youth at BC Children’s Hospital, facilitated by local physicians Drs. Janice McLaughlin and Jennifer Cortez. Having run for 9 years, this mindfulness based intervention program targets youth with psychological distress; depression, anxiety, stress, pain, and mood symptoms associated with chronic health conditions. Together, we will train ourselves to live more fully in the present moment, and learn to change how we respond to our problems.

For general information on mindfulness, see mindfulnessforteens.com and the Kelty Mental Health Resource Center’s page keltymentalhealth.ca/mindfulness.

Course Info:

- 8 weeks, 90 minutes per week, starting **April 7 2021- Wed 4:00-5:30**
- Small group setting; 8-12 participants
- Experience based, learning and applying mindfulness practices in class and at home
- Not a replacement for individual care provided by your doctor or therapist

What we Ask of Participants:

- Come with an “open mind”; be willing to give something new a try, and let go of any expectations, positive or negative
- Attend all eight sessions
- Practice mindfulness at home daily
- Stay connected with your own doctor and/or counsellor outside of the group

SIGN UP BY FEBRUARY 22, 2021

To be considered for this group, speak with your family physician or nurse practitioner to see if MARS-A might be appropriate for you or your child. If you both feel like this may be a good fit, your provider can refer you for an intake meeting with Dr. McLaughlin. There is no charge for this group.