

Mindfulness for New or Soon-To-Be Parents

Facilitators: Dr. Anna Chen MD FRCPC & Larry Borins MSW

Do you want to cope better with the challenges of being a new parent?

Do you wish to better engage and bond with your infant, respond to stresses and problems in a less reactive, calmer way?

Do you want to learn to live more in the present moment?

Mindfulness is a non-judgmental way of paying attention and fostering curiosity and acceptance in the present moment. Being a new parent is a wonderful, though often stressful life transition – which may lead to difficulties in your mood, anxiety and relationships. Mindfulness can help you become less reactive and more present with your infant, and has been shown to foster infant attachment and prevent relapse in depression and anxiety disorders. In this program we will be practicing mindfulness together with your infant through various forms of brief meditations and gentle yoga. These can be practiced at home to increase bonding with your infant and decrease stress levels. Pregnant couples can also participate in adapted exercises.



Dr. Anna Chen,
MD, FRCPC is a general Psychiatrist with a strong interest in the promotion of infant/parental mental health.



Larry Borins,
MSW, RSW is a Marriage Counselor in private practice with a passion for mindfulness and CBT.

www.mindhealthtoronto.com

Fees: \$250/adult (\$300 for the couple)

Those with extended health insurance may be covered for some or all of this cost under psychological services.

To Register Please call: (416) 322-5433

Mondays – May 2, 9, 16, 30 | 11:15 am – 1 pm

3080 Yonge St., suite #5016, North York (at the northwest corner of Yonge and Lawrence)



MIND Toronto
HEALTH