

Are you caring for a loved one with dementia or other mental illness? Are you over the age of 65?
We are accepting referrals for our fall program!

As a caregiver, you may be experiencing high levels of stress which can be associated with physical and emotional health problems. You may find yourself losing patience, worrying, feeling irritable, and having difficulty concentrating and/or sleeping.

Mindfulness is about accepting yourself as you are in the present moment. Mindfulness means paying attention. Learning the skills of mindfulness may help you to increase the ability to accept that which cannot be changed, cope with overwhelming feelings and reduce negative thinking. Through learning to use simple breathing and stretching exercises you will learn how to manage the stresses of life and caregiving.

Our mindfulness program brings together concepts from the Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Symptom Management (MBSM) programs. They are designed for people to learn effective methods of coping with stress in order to improve their own health and well-being.

To participate in our program, applicants must:

- ✓ Be aged 65+ (or younger if they are the spouse of an individual with early-onset dementia);
- ✓ Be caregiving for a loved one with dementia or other mental illness;
- ✓ Reside within our catchment area (City of Ottawa);
- ✓ Have a signed referral from a physician.

Upcoming Session begins: Fall 2019 – TBD

Thursdays from 10:00 – 12:00

8 consecutive weeks for 2 hours each session

Location: Colonel By Retirement Residence – 43 Aylmer Avenue

For further information please call Christiane Giroux at (613) 562-9777 ext. 5221

Dr. Anne Hennessy, M.B.,FRCP (C), is a community based psychiatrist with expertise in working with the elderly. She has a special interest in MBSR and has had training at the University of Massachusetts Center for Mindfulness.

Tiffany Dugas, MSW, RSW, is a social worker and case manager at GPCSO. She is a graduate of the Ottawa Mindfulness Clinic Professional Training program in Mindfulness-Based Symptom Management.



We extend our gratitude to Revera and Colonel By Retirement Residence for the donation of space for this group.