



*Stepping Stones on the Pathway to
Mindfulness and Compassion*



Diane Frederick

RN, MA, ICADC, ICCS

Diane has years of experience in Mindfulness-Based Stress Reduction, meditation and helping people improve the quality of their life through teaching and within her private practice. In 1999, she completed a professional program with Jon Kabat-Zinn, originator of the MBSR program. She also completed the intensive program "Meditating with the Body" with Dr. Reginald Ray of Dharma Ocean. Her past experience in medical, social service and educational environments brings a rich foundation from which she facilitates her private practice and the many workshop series she offers. To promote mind-body awareness, she developed a practical guidebook in a workbook format with an accompanying CD that guides individuals through Mindfulness practices. She creates courses that focus on mindfulness, compassion and self-compassion.



GOT STRESS?

**CALM IS JUST
A BREATH AWAY.**



Weaving Mindfulness and Compassion

**To register or for more
information:**

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**Facebook: [Tapestry- Mindfulness and
Compassion - Diane Frederick](#)**

**Twitter: [Tapestry mindfulness
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Eight Week Mindfulness-Based Stress Reduction Program

**A training program
to mobilize and
strengthen inner
resources**

Mindfulness is a cultivated skill, an approach that shows you how to focus on the present moment with purpose and without judgement to change the way you handle stress.

Who can benefit?

MBSR is effective in:

- Reducing stress and anxiety
- Decrease in blood pressure
- Chronic pain
- Depression
- Eating disturbances
- Sleep problems
- Stabilization of blood sugar

What you will learn:

- Begin to recognize your habitual patterns and behaviours
- Better focus and concentration
- To quiet the inner critic
- Emotional resilience
- Overall deeper sense of peace of mind and well being

Cultivating a **Mindfulness Approach** in your everyday life is an act of hospitality toward yourself

What people are saying:

“Thank you Diane for your focused and compassionate presence throughout the program”

“There are so many benefits to practicing Mindfulness. I look forward to making it more a part of my life.”

“I have already sensed a change in myself.”

You can't stop the waves, but you can learn how to surf

For more information about this evidence-based program go to:

<http://www.umassmed.edu/cfm/stress-reduction/>

Eight-Week

Mindfulness-Based Stress Reduction Program/Training

Wednesday, October 14 - December 2
6:30-8:30PM

Full Day: Sunday, November 22
9:30 -4:00 PM

This evidence-based experiential program builds on your inner strength to take better care of yourself.

Cost: \$ 480.00 (includes HST) see registration form for options includes:

1. Mindfulness-Based Stress Reduction Workbook with MP3 CDs (\$25-30 value)
2. MBSR Practice MP3 CDs
3. Weekly handouts for guidance with homework practice

Optional Text: *Full Catastrophe Living: Using the Wisdom of Your Body & Mind to Face Stress, Pain & Illness* by Jon Kabat-Zinn

A Small Group Setting provides a safe, supportive environment. The class size is limited to 8 participants.

Approved for 24 Core CACCF CEUs

