



San Diego
Cancer Research
Institute

Mindfulness-Based Stress Reduction /Relationship Wellness Program

Facilitator: *Diana Shimkus, LCSW*

Dates: Introduction and Orientation: **Monday, Sept, 13, 2010; 1:30-2:30 PM**

Class Sessions: **Mondays: September 20 through Monday, November 8, 2010.**

Half-Day of Mindfulness: **Saturday, November 6, 2010.**

Time: **1:30pm-3:30pm**

Cost: **\$35.00** for eight-week course, CD Set and workbook (\$460 savings).

1200 Gardenview Rd., Suite 200

Encinitas, CA. 92024

To Register: Please call, 760-634-6661, or sign-up in lobby of Center.

Mindfulness has been well researched to demonstrate the significant effects of reducing stress, increasing self-awareness, improving attention, boosting the immune system and aiding in overall health and healing. These things are particularly important when facing medical treatments that can generate fear, anxiety and uncertainty in both the patient and those caring for their loved one. These feelings are natural and their energies can be positively mobilized to help direct you towards improving your health and the quality of your life. By participating with others engaged in similar practices, you can bring increased awareness and energy to your life both through the uniting force of community and the increased confidence and power of your own inner strength. In this way, you are actively participating in your own healing and the healing of caring others.

This eight week, two-hour per session program is modeled after the University of Massachusetts Medical School Mindfulness-Based Stress Reduction Program, which has successfully helped thousands of people respond effectively to all aspects of life over the past 30 years. The mindfulness practices teach you to become purposefully aware of your breath, body, thoughts and emotions as the doorway to the present moment...the one in which you can be most awake, alert and alive. By training the mind and body to respond rather than react to life's circumstances, you can cultivate wise and compassionate attention in which to learn, heal and grow. Formal mindfulness practices will require daily intention and practice on your part throughout the eight-week program and promises to promote greater ease, improve access to inner resources and cultivate greater health, wholeness and well being. This program is specifically designed not only for those experiencing health concerns and treatments, but also their family members, adult children, caregivers and supportive others. Mindfulness practices have been shown to offer significant improvements in both intra and interpersonal relationships throughout the eight week program with increased understanding, compassion and abilities to hear and empathize with the experience of the other creating a relationship in which interconnection contributes to healing for all.