

Mindfulness Therapy

Mindfulness is a state of active, open attention on the present.

When you are mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

We offer an 8-week mindfulness class session in both Campbellford and Havelock for patient convenience, starting on a rotating basis.

To register, please call the Campbellford office and leave a message for Cheryl Woods 705-653-1801 ext 4918.