Mindfulness Classes & Resources in Vancouver

The Crisis Centre sees mindfulness as a supportive tool that promotes resiliency, effective coping and crisis prevention. By cultivating self-awareness, options to respond to challenges and crises become more available. We are pleased to share the following list of local meditation groups and online learning resources to begin or further support your own mindfulness practice.

Meditation Centres & Practice Groups

BC Insight Meditation Society
www.bcims.org

Kadampa Meditation Centre
www.kmcvancouver.org

Learn Mindfulness
www.now.learnmindfulness.org

Lightwork Meditation
www.lightwork.ca

Maitrivana
www.vancouver.nalandabodhi.ca

MBSR BC
www.mbsrbc.ca/pages/classes.htm

Mindful Living – Stress Reduction & Counselling Services
www.mindful-living.ca
Mountain Rain Zen Community - Young Urban Zen  
www.mountainrainzen.org

Shambhala Meditation Centre  
www.vancouver.shambhala.org

Zen Centre of Vancouver  
www.zen.ca

**Online Resources & Guided Recordings**

Dharma Net  
www.dharmanet.org

Crisis Intervention and Suicide Prevention Centre of BC  
www.crisiscentre.bc.ca/mindfulness

Kelty Mental Health Resource Centre  
www.keltymentalhealth.ca/healthy-living/mindfulness

Mindful Schools  
www.mindfulschools.org

Simon Fraser University – Health & Counselling Services Online Media Library  
www.sfu.ca/students/health/resources/media/

UCLA Mindful Awareness Research Centre – Guided practices  
marc.ucla.edu/mindful-meditations

**For Youth**

YMCA Teen Mindfulness Group (ages 13 to 17)  
www.gv.ymca.ca/Programs/Youth-Engagement/Teen-Mindfulness-Group

YMCA Youth Mindfulness Group (ages 18 to 30)  
www.gv.ymca.ca/Programs/Health-Fitness/Youth-Mindfulness-Group