



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.learnmindfulness.org

Lightwork Meditation

www.lightwork.ca

Maitrivana

<http://www.vancouver.nalandabodhi.ca/>

MBSR BC

www.mbsrbc.ca/pages/classes.htm

Mindful Living – Stress Reduction & Counselling Services

www.mindful-living.ca



Crisis Intervention & Suicide Prevention Centre of BC | Questions? Contact us!
Tel: 604-872-1811 Email: info@crisiscentre.bc.ca Web: www.crisiscentre.bc.ca

Mountain Rain Zen Community - Young Urban Zen

<http://www.mountainrainzen.org/>

Shambhala Meditation Centre

www.vancouver.shambhala.org/learn_meditate.php

Westcoast Dharma Society

www.westcoastdharma.org

Zen Centre of Vancouver

www.zen.ca

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

Online Resources

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/your-health--audio-video.html

