

Mindful Awareness and Resilience Skills for Adolescents (MARS-A) Information for Youth and Families

Mindfulness means “paying attention in a particular way: On purpose, in the present moment, and without judgment” (Jon Kabat-Zinn). Much of our stress, pain, and suffering comes from being pulled away from the present moment, with regrets about the past, worries about the future, and judgments about the present. Mindfulness practice can help us to free ourselves from this kind of suffering. Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) are mindfulness trainings for adults to cope with stress and depression. BC Children’s Hospital is offering an adaptation of MBSR and MBCT, for adolescents with psychological distress (depressive and/or anxiety symptoms); and/or stress, pain, and mood symptoms associated with chronic health conditions. Adolescents will learn and practice mindfulness, in a safe group environment. Together, we will train ourselves to live more fully in the present moment, and learn to transform our suffering with mindfulness.

What to expect

- **8-week**, 90 min/week in the afternoon, virtual or in person (depending on capacity), +/- 1 three-hour session in person on a weekend
- **Ages 15-19** years, small group (5-15 adolescents)
- **Experience-based:** Learning and applying mindfulness practices in class and at home
- This is **not a replacement for individual care** provided by your other doctor(s)/therapist(s)

What we ask of participants

- Come with an **open mind** and willing to give something new a try.
- **Let go of any expectations**, positive or negative.
- **Attend all sessions.**
- **Practice mindfulness** at home every day.
- **Stay connected** with your own doctor and/or counsellor out of the group.
- Come to the group **not intoxicated** on any substances.

Information

Referrals: Speak with your doctor/therapist to see if MARS-A might be appropriate for you or your child. If interested, your doctor/therapist can refer you for an intake meeting to learn more.

Questions?

Contact the Youth Health Program Secretary at 604-875-3472 or email youthhealthprogram@cw.bc.ca.



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Watch “Mindfulness: Youth Voices” on YouTube