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In my practice I offer individual, relationship and family therapy. In facilitating these groups, my role is that of a teacher and guide. I strive to help participants find resources inside themselves to become active agents of their own healing.

I am a Certified Practitioner through the Center for Mind Body Medicine, founded by Dr. James Gordon. For more information on this model and the Center's work, visit [www.cmbm.org](http://www.cmbm.org).

## What are Mind-Body Skills Groups?

A powerful, effective combination of research based healing modalities to help you better cope with life changes, stress, and illness in an intimate and supportive group setting. Mind-Body Skills Groups have potential to transform the physical, mental, emotional, social, and spiritual dimensions of your life.

"I really learned a lot about myself through the sessions and exercises. I will take many of the tools away for continued use."

~ 2009 Participant

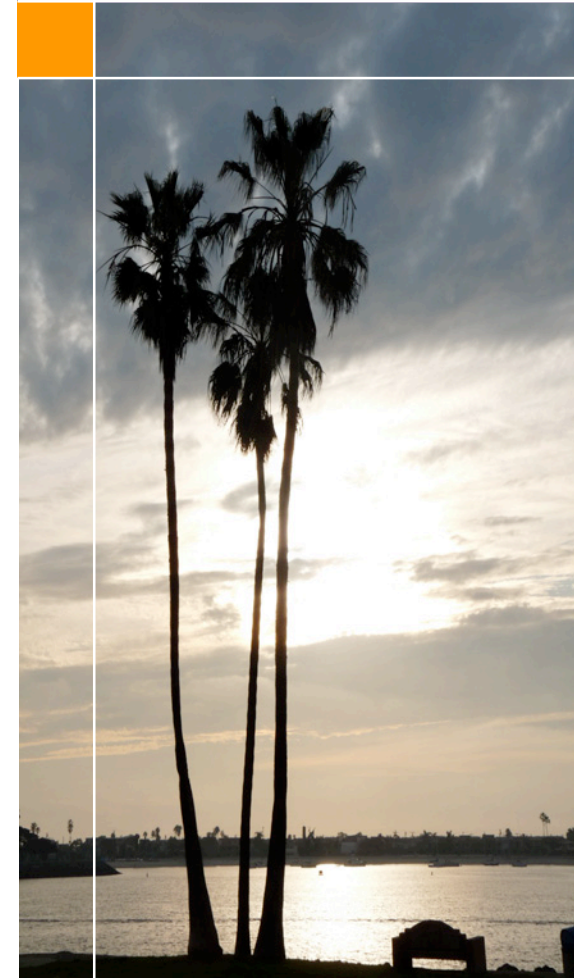


**To Join a Group:**

780.238.9490  
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[www.openingspaces.ca](http://www.openingspaces.ca)

## Mind – Body Skills Groups

*Self-discovery, increased well-being and personal development.*



# What to Expect:

Groups form continuously. Each meets for a 2-hour period once a week for 8 weeks. Groups are limited to 10 members to allow maximum participation and individualized instruction. Education and experiential practice are combined with the chance to share personal experiences and insights.

## Skills Taught Include:

- Meditation & Mindfulness
- Relaxation & Managing Stress
- Movement
- Nutritious Eating
- Guided Imagery
- Breathing
- Autogenics (Self-Hypnosis)
- Biofeedback
- Self-Expression
- Self Awareness & Self Care

~ \$50/wk, sliding scale available ~



*"This was a wonderful opportunity to pause and 'mindfully' consider the choices I make and how these affect my own life and the lives of others. It feels so good to have the opportunity to listen and to be heard."* ~ 2009 Participant

## WHO CAN BENEFIT?

Individuals Experiencing:

- Major life changes
- Acute and/or chronic stress
- Grief and loss
- Illness and chronic pain
- Depression and anxiety
- Menopause/hormone problems
- Fertility issues
- Financial difficulties
- Trauma-related symptoms

Mind-Body Groups are also valuable for individuals who have a desire to change unwanted patterns, increase self-awareness, personal growth, health and well-being.

## WHAT ARE THE BENEFITS?

Participants Report:

- A decrease in depressed mood and anxiety
- An increase in well-being, vitality and connectedness
- More effective coping skills through gaining an expanded tool kit to manage life stressors, pain and illness.
- A decrease in the symptoms of illness and enhanced immune system functioning
- Less fatigue and pain
- More energy
- An increase in self-awareness, self-efficacy and positive attitude

