

What Mind Space Offers

Mind Space is proud to offer different psychoeducational groups that explore a variety of concepts and skills to support patients (aged 17.5+) to self-manage their mental health.

Level 1 Groups:

CBT Skills Foundations: This group introduces the foundational concepts of Cognitive Behavioural Therapy (CBT), weaving in mindfulness, emotion regulation, and Acceptance and Commitment. In addition to general group populations, we offer specific groups designated for defined populations such as women/men only, cancer survivors, LGBTQIAs2+, young adults, new parents.

Raising Resilient Kids Parenting: For caregivers with kids 0-6 years old. Participants learn skills to prepare and support them in raising a secure, resilient child based on the best evidence from child development, mindfulness, attachment, and reflective parenting.

Skills for Success: ADHD Strategies for Adults: For adults with a past or current diagnosis of ADHD. In this group, we use evidence-based strategies to help participants set realistic goals, prioritize, manage time, and reduce distractions. Participants will use the group to develop consistent habits and learn skills to cope with feeling overwhelmed.

Level 2 Groups: Skills Building & Boosters

Once the CBT Skills Foundations group is completed participants qualify for Building Blocks and Booster groups that further explore Foundational skills and concepts

- Introduction to Mindfulness
- Mindfulness-based Cognitive Therapy
- CBT Skills for Insomnia
- Avoidance: Procrastination & Perfectionism
- Cognitive Change
- Values
- Self-compassion
- Mindfulness Based Parent Training

Group Overview:

WHEN: 4 or 8 weekly, 1.5-2hr group medical visits

WHERE: Virtual (zoom), some in person

COST: \$65 no-show deposit

How to Refer to Mind Space Programs:

STEP 1 Determine if your patient is a good fit for our programs using **inclusion/exclusion criteria**.

STEP 2 Ask your patient about their comfort with participating in an online group and inform them about a \$65 initial deposit, which is returned if they attend at least 7 of 8 sessions. If your patient is interested, have them fill out the **PHQ9 form**.

STEP 3 If your patient scores 18 or lower on the PHQ9 and is not suicidal, then fill out the **universal referral form** for all programs.

STEP 4 Fax the referral form to **1-778-265-0298**.

Please scan this QR code to see our Patient Inclusion/Exclusion Criteria



Or visit mind-space.ca/physicians for more info and universal referral form

Find us on Pathways BC!



www.mind-space.ca



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