

Mindfulness and Social-Emotional Competence

ARE YOU BETWEEN THE AGES OF 12 – 25?

ARE YOU INTERESTED IN PARTICIPATING IN A FREE MINDFULNESS PROGRAM?

DO YOU WANT TO GAIN VALUABLE RESEARCH EXPERIENCE?

If yes, reach out to Nicole Adams (mindfulnessresearch@waypointcentre.ca) to get started!

Waypoint Centre for Mental Health Care (Principal Investigator, Dr. Soyeon Kim) is running a study that will look at how a 12-week mindfulness program (Mindfulness Ambassador Program; MAP) can impact social-emotional competence in youth who frequently engage in screen time use (i.e. phone, computers, TV, etc.).

As a participant, you will be asked to commit to a 12-week online curriculum-based mindfulness program (the MAP) and complete a few surveys (30-45 minutes). You will be able to participate in the project from the comfort of your own home and each MAP session (12 total) is one day a week for one hour.

The first session of the MAP will begin April 1st 2021 (limited spots), with more offered in the months to come. If interested, please contact Nicole Adams (mindfulnessresearch@waypointcentre.ca) to get started!

COMPENSATION IS PROVIDED
(Two \$25 E-gift Cards)



Mindfulness training is a practice that teaches you how to be present and let go of negativity, slow down racing thoughts, and calm both your mind and body.

Social-emotional competence is the ability for one to regulate their behaviours and emotions so they can interact with others in a positive way.