



Mindful Awareness Stabilization Training

M.A.S.T. is a 4-session program that teaches emotion regulation skills through psycho-education and mindfulness practices

M.A.S.T. introduces those living with anxiety, depression, pain and stress to techniques that they can build upon to gradually feel more balanced and present in their lives

The idea behind M.A.S.T. is to teach short, tolerable practices that get easier over time and help calm the nervous system

When: Tuesdays Nov 7, 14, 21 and 28th

10:30 am to Noon

**Where: Waterloo Region Nurse Practitioner Led Clinic
Cambridge Office
13 Water Street, North**

Talk to any staff member or go to our website and click the link under Group Programs

Participants will learn about:

- Emotional regulation and the window of tolerance
- Mindfulness of body, thoughts, and feelings
- Understanding how our brains function when in distress
- Resources for self-care

The Mindful Awareness Stabilization Training Program was developed by St. Michael's Hospital