

MINDFULNESS RESOURCES

GROUPS

Ottawa Mindfulness Clinic

<https://ottawamindfulnessclinic.com/>

Mindful Health professionals

<http://mindfulhealthprofessionals.ca/>

MBSR Ottawa

<http://mbsrottawa.com/>

Ottawa Mindfulness | La pleine croissance d'Ottawa et de Gatineau

<http://ottawamindfulness.ca/>

MINDFULNESS-BASED (MBCT) THERAPISTS IN OTTAWA

https://therapists.psychologytoday.com/rms/prof_results.php?city=Ottawa&state=ON&spec=307

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