

**REGISTER NOW:**

## Mindfulness Based Chronic Pain Management™ (MBCPM)



### The MBCPM program may help participants:

- Reduce pain and improve resilience
- Better manage anxiety, stress and feelings of isolation
- Identify personal triggers that lead to pain exacerbation
- Connect with other people with chronic pain who understand their experience



### What is the MBCPM?

The MBCPM is an 8-week evidence based trauma-sensitive and trauma-informed program designed specifically to help those with chronic pain build a mindfulness and meditation practice that can assist in reducing pain, decreasing stress and improving quality of life.

### Participants can expect to:

- Participate in a weekly 2-1/2 hr. group class where they will connect with others who are living with chronic pain
- Practice mindfulness meditation (for as little as 5 min/day)
- Gain an understanding of the connection between stress, pain and body symptoms
- Enhance self-care practices, including eating, exercising, and sleeping
- Become more self-aware and enhance relationships with others and themselves
- Benefit from Empowering Mind & Body's knowledge and experience supporting individuals with complex trauma

#### DATE & TIME

Wednesdays 10:00am-12:30pm  
Feb. 25, 2026 – April 15, 2026

#### LOCATION

The course is offered via  
Zoom Healthcare

#### COST

\$950 + HST, plus \$100 for  
materials (meditation  
recordings & book)

**FACILITATOR:** Nicole Aylwin, MA, C-IAYT

**TO REGISTER:** contact Kristina Borho at [kristina@empoweringmindandbody.com](mailto:kristina@empoweringmindandbody.com) or 416-509-0712



## What MBCPM Participants Are Saying:

“

This course has taught me that mindfulness can be effective at helping with my moods, outlook, pain, sleeping, and dealing with others.

“

Since participating in the MBCPM I have noticed a reduction in my pain and my concern about pain. I also learned that I could contribute in a group setting.

“

Credit to Nicole for guiding us to participate, her non judgment allowed us to be more forthcoming, yet her ability to know when to pull back or ask permission for questions or not have us overstep, shows her experience and a command of facilitating and leading.

“

Even though it was virtual I didn't want to miss a session

“

Participating in this group helped me realize that our symptoms are similar, and emotions around those symptoms are relatable, and we are not alone in our journey.



## Meet Your Facilitator

As a Yoga Therapist for Empowering Mind and Body, Nicole Aylwin works with clients who are living with and managing symptoms from traumatic brain injuries, orthopaedic injuries, chronic pain, sleep issues, mental health concerns and complex trauma resulting from motor vehicle accidents.

Nicole holds a certificate in the Mindfulness Based Chronic Pain Management from University of Toronto and NeuroNova Centre and she is an accredited Facilitator of the MBCPM.



Nicole Aylwin

Empowering Mind and Body is a team of compassionate and knowledgeable Occupational Therapists and Yoga Therapists. We are specially trained to support clients managing physical, physiological, and neurological symptoms and mental health concerns. We do this through the application of yoga tools, including mindfulness and meditation, to facilitate recovery, healing and overall well-being.

To learn more or to register, please email: [kristina@empoweringmindandbody.com](mailto:kristina@empoweringmindandbody.com)