

Buddhism and Mental Health

Four Tuesday Afternoons of Experiential Learning & Sharing

Open to students at the University of Toronto - Free Admission

Room 54G (lower level), 300 Huron St., Toronto

Please register for the groups: <https://forms.cloud.microsoft/r/7uMLDaDyac>

Mindfulness Practices for Difficult Relationships (February 3, 2026, 3-5 pm)

Identity and the Nature of Self (February 10, 2026, 3-5 pm)

UPCOMING

February 24, 2026, 3-5 pm

Tibetan Mind Training

~Curious how Buddhist teachings can help with everyday stress, relationships, and meaning-making? This psychoeducation workshop introduces bodhicitta (awakening mind) as the heart of Tibetan mind training teaching, offering practical ways to approach daily life with greater compassion and Buddhist wisdom.

*Facilitator: **Bianba Deji PhD (Candidate), MPS (Candidate)***

Bianba is a PhD candidate in Buddhist Studies at the University of Hong Kong. She defended her thesis in Tibetan Mind Training in November 2025. She is also a 2nd year student in the Master of Psychospiritual Studies (Buddhism) program at the University of Toronto. Bianba was born in a Buddhist community and has been trained in Tibetan, Theravadin, and the Chinese Buddhist traditions. She is a Buddhist counsellor with the Toronto Centre for Applied Buddhism and a meditation teacher.

March 3 2026, 3-5 pm

Cultural, Personal, and Buddhist Values in Daily Life

~Exploring how family and social/cultural values may affect our personal values, and in what ways can Buddhist values be relevant and useful for living a meaningful life personally, and for effecting social and cultural change.

*Co- Facilitators: **Shukyu Christine Ng, MBA, MPS, RP; Katya Hortogiannos BSc (Candidate)***

Chris is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. She holds a Diploma in Buddhist Mindfulness and Mental Health and a Master's Degree in Pastoral Studies (Buddhism) from the University of Toronto. She practices in the Theravada and the Chan meditative traditions. She is a Buddhist Counsellor with the Toronto Centre for Applied Buddhism and a Spiritually Integrated Psychotherapist in private practice.

Katya is a student in U of T's Psychology and New College's Community Engaged Learning/BPMH Programs.

Presented by: **Toronto Centre for Applied Buddhism** appliedbuddhism.ca

~ Our Centre offers free Buddhist Counselling Service ~

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