



ATLANTIC CONTEMPLATIVE CENTRE ANNUAL REPORT 2018/19

We are pleased to share with you the exciting activities that have occurred for the Atlantic Contemplative Centre (ACC) and our faculty.

Summary of Atlantic Contemplative Centre Activities 2018/19

1. We moved into **permanent space** in late 2017, at **5670 Spring Garden Road, Suite 902**, beginning programming there in 2018.
2. The ACC achieved **charitable status in August of 2018** (retroactive to January 2018). We are now able to issue tax receipts for all donations.
3. Our faculty are facilitating **7 Open Mindfulness Groups (OMG)** in the metro area:

Spring Garden OMG, Every Wednesday, 12-1:00 PM at 5670 Spring Garden Road, Suite 902;

Dartmouth OMG, Every Thursday, 4-5:00 PM at the Community Health Team office, 58 Tacoma Drive;

OMG at Bayers Road, Every Thursday, 12:15-1:15 PM at the Teamworkbridge Office, 5th floor boardroom of 7051 Bayers Road;

Chester OMG, Every Thursday, 10:00-11:00 AM at Our Health Centre, 3769 Highway #3, Chester, NS;

Open Mindfulness in the Bay Monthly, 4th Sunday of the month with the exceptions of Dec and May 2019, 2:30-4:30 PM at the Tantallon Library; and

Bedford OMG, Thursday, May 9, 23 12:00-1:00 PM Community Health Team, Bedford Place Mall, 1658 Bedford Highway.

We are also facilitating a **Mindfulness group for Medical Students** at Dalhousie University.

4. In the fall of 2018, we began offering a **3 hour extended practice sessions**. Since then we have hosted 3 more in 2019, all of which have been well attended. Participants are coming from the different OMGs. Our last session before the summer break will be on Saturday, June 1st.

5. The ACC is guiding the process for the new **Hospice Halifax to become an Intentionally Compassionate Organization (ICO)**. This began in the fall of 2018. We led the effective compassion training program for administrative and clinical staff with plans to expand this training to volunteers, associate physicians and board members.
6. We hosted **3 lecture series on Mindfulness** in 2018 and a **3 day workshop** in September.
7. In April of 2019 we facilitated **3 Tuesday night sessions at the Halifax Central Library** on Mindfulness in Society: Self-compassion; at Work; and how to become a compassionate organization. All three were well attended.
8. We facilitated **3 Introduction to Mindfulness sessions for the following Organizations**: a) Nova Scotia Power, b) Success College, and c) Spencer House.
9. The ACC participated in the **THRIVE conference** in June of 2018.
10. In 2018, we had **3 faculty seminars and 2 faculty meetings**.
11. Our **Atlantic Mindful Network now has 550 members**. Our latest **Facebook post in April, 2019 had 625 visitors**.
12. Five groups (Zen Nova Scotia, Siddhartha Intent, Transcendental Meditation, Interfaith Halifax, and Conscious Living) rent the new space monthly. **In 2018, groups rented the space 94 times**. From Jan to April 2019, **groups have rented the space 47 times**.
13. **Individual faculty and friends** of the ACC also are booking the space regularly. In 2018 we had **42 rentals**.
14. Our first annual **ACC celebration** took place in December 2018 and we have our **first AGM** in May of 2019.

Please contact us directly with any ideas or questions you have about how the ACC can further support the integration of genuine contemplative practice into all aspects of society.

With warm regards,

Jim Torbert, Director

www.contemplativecentre.ca