



*Ashley Boca*

Mindfulness Foundation

Bringing together people impacted by BPD  
and the broad spectrum of mental illness  
associated with BPD so that we can all thrive.

[www.abmf.charity](http://www.abmf.charity)

[info@abmf.charity](mailto:info@abmf.charity)



[abmf.charity](http://abmf.charity)



[abmf\\_charity](https://www.instagram.com/abmf_charity)



[abmfcharity](https://twitter.com/abmfcharity)

Charitable Registration Number: 752469536RR0001

## About Us

The Ashley Boca Mindfulness Foundation was created to honour the life of Ashley Boca and help others in their mental health journeys. We believe that everyone should have access to the mental health support they need - when, where and how they need it.

## What We Do

The founding principle of Ashley Boca Mindfulness Foundation is to empower our youth with life coping skills, while we build mindful and compassionate communities.



### Wellness Support Group

A 9-week virtual wellness support group based on WRAP. It's a safe, non-judgmental environment where participants can connect, share lived experiences and foster tools to support them in their mental health journey.



### One-on-One Peer Support

Peer support provides a non-judgmental, non-clinical and recovery-based environment where people can be free to share what's going on in their lives with someone who has been there. This is not crisis support.



### Webinars

Our webinars cover a wide variety of topics relating to mental health, wellbeing and BPD.



### Mindfulness Walks

Join our regular walking group and enjoy the peaceful and restorative power of being out and connecting with nature.

All of our programming is open to residents of Ontario who are 18+, and are completely free.

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