



Live online groups to cope with stress & increase resilience

Mindfulness-Based Stress Reduction

MBSR is an empirically-supported psycho-educational group program to reduce stress and develop capacity for greater calm.

MBSR Online is on Tuesday Evenings

Orientation & Session 1: September 24th, 6pm – 9pm ET

Sessions 2-8: October 1st – November 12th, 6pm – 8:30pm ET

Silent Retreat: November 2nd, 10am – 2pm ET

Location: ONLINE *Please note this will be a highly interactive web-based course. Your full attention and participation will be required.*

Facilitator:



Paul Hunt, Executive Coach
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For more information, please visit www.paulhunt.ca/mindfulness