



# 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:** April 7, 6-9pm ET

**Sessions 2-8:** April 14 – May 26, 6-8:30pm ET

**Silent Retreat:** May 16, 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](http://www.paulhunt.ca/mindfulness)