

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: January 5, 6-9pm ET
Sessions 2-8: January 12 – February 23, 6-8:30pm ET
Silent Retreat: February 13, 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, Mindfulness Coach
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For more information, please visit www.paulhunt.ca/mindfulness