

Fostering Resilience

An MBCT Retreat for
Health Professionals

Dr. Mark Lau
Dr. Andrea Grabovac

May 31 - June 5, 2019
Hollyhock, Cortes Island, BC



This activity is certified for 27 hrs of
CFPC Mainpro+ Group Learning credits

Revitalize, restore, and build resilience during this 5-day Mindfulness-Based Cognitive Therapy (MBCT) meditation retreat for physicians, health professionals, and their partners



Dr. Lau & Dr. Grabovac share their combined experience of 36 years as MBCT teachers, trainers and mentors to help you develop and deepen your mindfulness skills. You will learn to apply mindfulness and CBT in daily life to build resilience to stress, caregiver fatigue and burnout through a combination of guided meditation, group discussion, practical exercises, and refinement of meditation techniques.

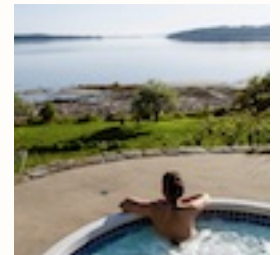


Tuition: \$895 | 5 nights meals & accommodation extra

[CLICK HERE TO LEARN MORE](#)

“Innovative...approaches such as resilience and mindfulness training are instrumental in helping physicians overcome both anticipated and unexpected difficulties, to position them for a sustainable career in medicine.”

Canadian Medical Association (CMA)



hollyhock.ca/fostering-resilience

[1-800-933-6339](tel:1-800-933-6339)