



Mindfulness Skills Group

An eight-week program to discover & cultivate mindfulness as a practical tool for stress reduction, health & well-being.

Mindfulness Skills Group is an MSP funded eight-week program focussed on learning & applying mindfulness as a tool to cope with stress & increase everyday well-being.

It's taught by Dr. Cynthia Neil, local family physician, & offered live over zoom with weekly 1.5 hour sessions in a supportive group format. The program is available to Kootenay Boundary patients, age 18+, by referral from your family doctor or nurse practitioner.

Anyone can benefit from learning mindfulness. It can be especially helpful when we're facing challenges like illness, pain, anxiety, or depression.

As a science-backed practice, mindfulness has been shown to have plenty of health benefits! It can help reduce anxiety, improve sleep, increase our emotional resilience & more.

This course offers lots of opportunities to discover these tools & apply them in everyday life.

SPRING 2024 SESSION:

Starts April 23rd

Tuesdays, 630 pm - 8 pm



Referral Details: Family Practitioners please direct referrals to Dr. Cynthia Neil at fax 250-367-7543

Course participants will have the opportunity to attend an optional introductory info session to learn more about the course & ask questions.

Dr. Cynthia Neil is a Kootenay Boundary family physician with a wide range of practice spanning three decades. She's passionate about mindfulness, both in her own personal experience, & in sharing these tools with patients to support health, well-being & resilience. Visit Dr. Neil's blog at bit.ly/drneil-blog to learn more about her work & access free audio meditations. "Mindfulness is a skill that can be learned & strengthened. With practice, we learn to pay attention to our experiences in the present moment, with kindness & curiosity. During the eight weeks, we fortify healthful ways of coping with our illness, pain, anxiety, or depression." - Dr. Neil.