

MINDFULNESS

GROUP MEDICAL VISITS FOR ADULTS

8 WEEK IN-PERSON PROGRAM

****REFERRAL FROM PHYSICIAN REQUIRED****



FALL 2025 COURSES

WHEN: September 29th- November 24th 2025

MONDAYS:

Group 1: 2:00pm-3:30pm or,

Group 2: 4:00pm-5:30pm

(*no session on October 13th)

WHERE:

Gibsons (exact location will be shared after registration complete)

TO REGISTER:

Talk to your primary care provider to get referred to the program

COST:

MSP-Funded, \$40 for COURSE MATERIALS

COURSE INCLUDES:

- Guided mindfulness practices
- Discussions on stress physiology & working with pain
- Cultivating compassion for self & others
- Mindful communication

If dealing with any condition(s) below, you may benefit! Please check with your health care provider.

- Anxiety / Insomnia / Rumination
- Depression/ Burnout
- Symptoms of trauma
- Chronic physical disease
- Chronic or complex pain
- Immune disorders
- Low confidence/ Negative self-talk



DR. RAHUL GUPTA
**Certified MBSR Teacher &
SE Practitioner**

Dr. Rahul Gupta will facilitate these sessions in a safe, supportive and participatory environment.