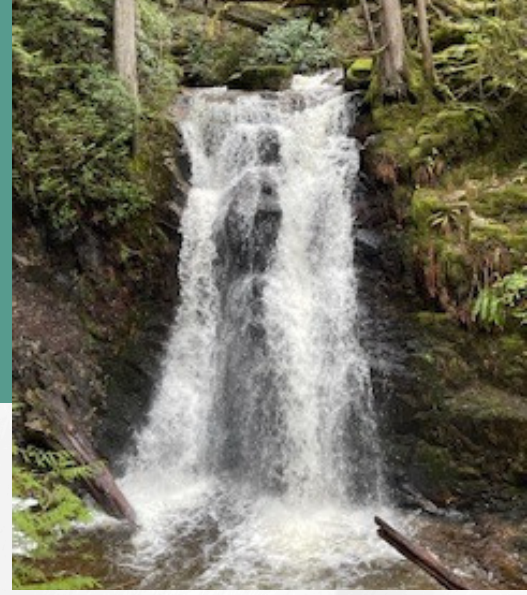


MINDFULNESS

GROUP MEDICAL VISITS FOR ADULTS

8 WEEK IN-PERSON PROGRAM

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



2025 COURSES

WINTER COURSE

WHEN: January 20th - March 17th

MONDAYS - 4:00pm-5:30pm

WHERE:

GIBSONS COMMUNITY CENTRE

SPRING COURSE

WHEN: May 7th - June 25th

WEDNESDAYS - 11:30am-1:00pm

WHERE:

SECHELT | shíshálh HOSPITAL

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.