

Mindfulness-Based Stress Reduction (MBSR)
Information Sessions - FREE
2021- 2022 Schedule

Session	Day	Time
Summer 2021	Tuesday, May 18	9 – 9:45am or 5 – 5:45 pm
	Saturday, May 22	8:45 – 9:30am
	Tuesday, May 25	9 – 9:45am or 5 – 5:45 pm
	Saturday, May 29	10:00 – 10:45am
Fall 2021	Tuesday, October 5	5 – 5:45 pm
	Saturday, October 9	10:00 – 10:45am
	Tuesday, October 12	5 – 5:45 pm
	Saturday, October 16	10:00 – 10:45am
Winter 2022	Tuesday, January 4	5 – 5:45pm
	Saturday, January 8	10 – 10:45am

Location:

All sessions are conducted **limited in-person or online**
via Zoom

CEU's available for a variety of healthcare professionals

8-Week MBSR Program

2021 – 2022 Schedule

Session	Day	Time	Session Dates	Retreat (Mandatory) 9am -3:30pm
Summer 2021	Tuesday PM	6:00 – 8:30pm	June 1 – July 20	July 10, 2021
Summer 2021	Saturday AM	10:00 – 12:30pm	June 5 – July 31	July 10, 2021
Fall 2021	Tuesday PM	6:00 – 8:30PM	October 19 – Dec 7	December 4 2021
Fall 2021	Saturday AM	10:00 – 12:30pm	October 23 – Dec 18	December 4, 2021
Winter 2022	Tuesday PM	6:00 – 8:30PM	January 11 – March 1	February 19
Winter 2022	Saturday AM	10:00 – 12:30PM	January 15 – March 12	February 19

Location:

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**Please note that the first class of each program is extended an additional thirty minutes and the last class is extended an additional hour.*