

Mindfulness-Based Stress Reduction (MBSR)

Information Sessions

(Mandatory for class participation)
2025 Schedule

Session	Day	Time
Fall 2025	Wednesday, October 15	6:00 – 7:30 p.m. Online
	Saturday, October 11	10:00 a.m. – 12:00 p.m. In person
Winter 2026	Wednesday, January 14	6:00 – 7:30 p.m. Online
	Saturday, January 17	10:00 a.m. – 12:00 p.m. In person
Spring 2026	Wednesday, March 25	6:00 – 7:30 p.m. Online
	Saturday, March 28	10:00 a.m. – 12:00 p.m. In person

All sessions are conducted limited in-person or online via Zoom
CEU's available for a variety of healthcare professionals

8-Week MBSR Program

2025 Schedule

Session	Day	Time	Session Dates	Retreat (Mandatory) 9am -3:30pm
Fall 2025	Wed. evening Online only	6 – 8:30 p.m.	October 22 – December 17 <i>*no class Thanksgiving week</i>	Saturday, December 13 9:00 a.m. – 3:30 p.m.
	Sat. morning In person only	10:00 a.m. – 12:30 p.m.	October 18 – December 20 <i>*no class Thanksgiving week</i>	Saturday, December 13 9:00 a.m. – 3:30 p.m.
Winter 2026	Wed. evening Online only	6 – 8:30 p.m.	January 21 – March 11	Saturday, March 7 9:00 a.m. – 3:30 p.m.
	Sat. morning In person only	10:00 a.m. – 12:30 p.m.	January 24 – March 21	Saturday, March 7 9:00 a.m. – 3:30 p.m.
Spring 2026	Wed. evening Online only	6 – 8:30 p.m.	April 1 – May 20	Saturday, May 16 9:00 a.m. – 3:30 p.m.
	Sat. morning In person only	10:00 a.m. – 12:30 p.m.	April 4 – May 30	Saturday, May 16 9:00 a.m. – 3:30 p.m.

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