**Mindfulness-Based Stress Reduction (MBSR)**

**Information Sessions**

***(Mandatory for class participation)***

#  2025 Schedule

|  |  |  |
| --- | --- | --- |
| **Session** | **Day** | **Time** |
| Winter 2025 | Wednesday, January 15 | 6:00 – 7:30 p.m. Online |
|  | Saturday, January 18 | 10:00 a.m. – 12:00 p.m. In person |
|  Spring 2025 |  Wednesday, March 26  | 6:00 – 7:30 p.m. Online |
|  | Saturday, March 29 | 10:00 a.m. – 12:00 p.m. |

**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*** |
| Winter 2025 | Wed. evening Online only  | 6 – 8:30 p.m. | January 22 – March 12  | Saturday, March 8 9:00 a.m. – 3:30 p.m. |
|   | Sat. morning In person only | 10:00 a.m. – 12:30 p.m. | January 25 – March 22  | Saturday, March 8 9:00 a.m. – 3:30 p.m.  |
|  Spring 2025 | Wed. evening Online only  | 6 – 8:30 p.m. | April 2 – May 21  | Saturday, May 10 9:00 a.m. – 3:30 p.m. |
|   | Sat. morning In person only | 10:00 a.m. – 12:30 p.m. | April 5 - May 31  | Saturday, May 10 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.***