

NEXT MBCT GROUP: Oct. – Dec. 2018

- **8 weekly, 2 ½ hour sessions**
(Wednesdays, Oct 17–Dec 5, 2018; 6-8:30 pm)
- **Pre-group session** – group orientation, plus, discussion of how we move from emotional steadiness to troubling feeling states and why mindfulness practice makes sense in light of that *(Wednesday October 10/18, 6-8 pm)*
- **“Day of Mindfulness” Retreat** *(Saturday Nov 24/18 - 9:30-3:30 pm)*
 - a day of immersion and integration of all the meditation practices experienced in the group.
- **Typically 6-9 participants**
- **Daily home practice** – 40-60 minutes/day, required to support this new way of being, through the duration of the program
- **Meditation audios and handouts are provided.**
- **\$900 for full program** – covered by most extended health benefit plans, or may be eligible as a medical expense on your income tax, if you qualify.
- **30-45 minute interview** – *(before the group begins)*

IF INTERESTED, Call Dr. Casteels @ 519-885-3554 ext. 2
or email, dr.casteels@gmail.com

NOTE: Group offered again Spring 2019