



Mindfulness Council of Canada

presents

Third Session of our National Discussion Series

Mindfulness in Clinical Practice in Canada:

How integrated is it so far?

Mindfulness Council of Canada (MCC) is an emerging not-for-profit nationwide networking organization committed to finding and promoting reputable mindfulness trainings and programs for personal, professional, or corporate development.

Welcome our panelists: [Click here to read more](#)



Dr. Kasim Al-Mashat,
R. Psych.



Dr. Dzung Vo,
MD, FAAP, FSAHM



Angie Kingma,
RP



Dr. Allen Steverman,
MD, CCFP, FCFP

Come join us **Wednesday April 24th, 2024** on Zoom for the third panel session of our National Mindfulness Discussion Series.

This **Live-online** event will be from **5pm to 6:15pm ET, 2pm to 3:15pm PT.**

Amidst the global decline in mental health, there is an urgent call for heightened access to support. Mindfulness training can be integrated into various spaces as a helpful strategy for navigating our increasingly complex world. When mindfulness is offered as a group intervention, it offers a holistic, efficient, and cost-effective approach to cultivating well-being. But, how accessible is mindfulness in clinical settings in Canada?

Do health authorities and insurers recognize the potential of this often-overlooked, cost-saving approach that can both enhance and preserve health? Join us for 'Mindfulness in Clinical Practice in Canada: how integrated is it so far?'

Our distinguished panel of clinicians will offer their perspectives on the current landscape.

“FREE Live Event” Advance registration; [Please click here](#)

MINDFULNESS COUNCIL OF CANADA
A CANADIAN NONPROFIT NETWORK ORGANIZATION
WWW.MINDFULNESSCOUNCIL.CA

