



Learn how the body reacts to stress

Understand your emotions

Connect with the way your body informs you of what it needs

Unstick yourself from runaway thoughts

Savour pleasant moments

Be steady in unpleasant times

Befriend yourself

Live fully and skillfully

Mindfulness-based Symptom Management

5-day version of our popular 8-week MBSM program

with Drs. Lynette Monteiro & Frank Musten, Psychologists

July 22-27, 2018

Galilee Retreat Centre, Arnprior ON

Click [Here](#) to register.