



OTTAWA  
MINDFULNESS  
CLINIC

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## Mindfulness-based Symptom Management (MBSM)

The Ottawa Mindfulness Clinic has offered 8-week mindfulness programs since 2003 for

- Stress, depression, anxiety, grief, life changes (M4CORE)
- Pain & Chronic Illness (M4PCI)
- Operational Stress Injury (M4OSI; military, veterans, first responders)
- Burnout Resilience (M4BR)

### Programs Details

- 2-2.5 hrs per week for 8-weeks with one extended day after the fourth session; 12-14 participants per program
- Structured with the same progressive framework with content tailored to each specialty
- M4CORE & M4BR held February, May & September; evening programs
- M4OSI & M4PCI held on a rolling registration; day programs

For further information, please contact OMC Registrar at  
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