

# Mindfulness-Based Stress Reduction

Led by **PATRICIA DOBKIN, Ph.D.**  
Certified MBSR Instructor and Co-author of the Book:  
**Mindful Medical Practitioners. A Guide for Clinicians  
and Educators** (Springer International Publishing; 2016).

[www.mcgill.ca/wholepersoncare/mindfulness-based-programs/wellness](http://www.mcgill.ca/wholepersoncare/mindfulness-based-programs/wellness)  
514-398-2298; [angelica.todireanu@mcgill.ca](mailto:angelica.todireanu@mcgill.ca)

**Time:**

October 15—December 3, 2020  
Thursdays, 4:00—6:00 pm

**Retreat Day:** Saturday,  
November 21, 2020;  
10:00 am- 3:00 pm

**Venue:**

The program will be delivered  
entirely online due to the  
pandemic.

**Cost:**

**\$500.00**

You will get a receipt that may be  
honored by an insurance company,  
as Dr. Patricia Dobkin is a clinical  
psychologist and member of OPQ.