CAPS MM Group Schedule
Spring, 2016

**Introductory MM Group** (1 session)

1. Wednesday January 27 1-2 Susan Byrne
2. Wednesday February 3 1-2 Susan Byrne
3. Wednesday February 10 1-2 Susan Byrne
4. Wednesday February 17 1-2 Gerald Shephard
5. Wednesday February 24 1-2 Gerald Shephard
6. Wednesday March 2 1-2 Gerald Shephard
7. Wednesday March 9 1-2 Gerald Shephard
8. Wednesday March 23 1-2 Gerald Shephard
9. Wednesday March 30 1-2 Gerald Shephard
10. Wednesday April 6 1-2 Gerald Shephard
11. Wednesday April 13 1-2 Gerald Shephard
12. Wednesday April 20 1-2 Gerald Shephard
13. Wednesday April 27 1-2 Gerald Shephard
14. Wednesday May 4 1-2 Gerald Shephard

***Finals*** Wednesday, May 11, 1-2 Gerald Shephard***

Pre-registration is preferred but not required for this group. You may attend one or more 1 session groups.

**Beginning MM Group** (6 sessions)
Wednesdays, February 24- April 6 1-2
Group Leader: Jo Ann Rosen
Registration is required for this group.
**MBCT Group** (8 sessions)
Tuesdays  February 23- April 19  4:00- 5:30
Group Leaders: Susan Byrne and Gerald Shephard
Pre-registration and an initial Orientation meeting are required for this group.

**A Taste of Mindful Self- Compassion** (1 session)
Monday,  March 7  5:00-6:00
Group Leaders: Jo Ann Rosen, Susan Byrne, and Snehal Kumar
Registration is strongly preferred but not required for this group.

**Mindfulness and Compassion for Yourself and Others** (5 sessions)
Mondays,  March 21- April 18  5:00-6:00
Group Leaders: Jo Ann Rosen, Susan Byrne, and Snehal Kumar
Pre-registration is required for this group.

All MM Groups above will be held at CAPS, 2nd Floor, SHS Building

For HSC MM Groups, see on-line schedule or flyer