



# bcalm

BC ASSOCIATION *for* LIVING MINDFULLY

## January 2020 Newsletter

Welcome to the first edition of the BC Association for Living Mindfully (BCALM) newsletter! Featured this month is information about BCALM's inaugural mindfulness summit taking place in February 2020, an interview with founder and Executive Director Dr. Mark Sherman, information about how you can help, and details about a new private stream offering called CALM. Wherever you are at in your mindfulness practice, BCALM is here to support your journey.

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## BCALM's 2020 Mindfulness Summit!

BCALM is excited to present its first Mindfulness Summit in partnership with the University of Victoria's (UVic) Continuing Studies!

The **2020 Mindfulness Summit** will be held on **February 21-23, 2020** at

the UVic campus.

The mission of the conference is to provide an opportunity to gather champions of mindfulness and compassion education and service in BC and encourage dialogue, mutual education, support and advocacy.

**"Creating a Mindful Society"** is the theme for the inaugural year.

**Don't miss out! Register today by clicking [here](#).**

### **Friday, February 21**

(7:00 pm - 9:00 pm)

How to Create a Mindful Society - A Panel Discussion

### **Saturday, February 22 and Sunday, February 23**

(8:30 am - 4:15 pm)

Plenary and Workshop Sessions

The Summit will feature leading experts on mindfulness-based interventions from across BC and beyond, including **Susan Woods, Dr. Mark Sherman, Dr. Dzung Vo, and Patricia Galaczy.**



## **Interview with Dr. Mark Sherman**

Dr. Mark Sherman is a family physician in Victoria, BC, and is the founder and Executive Director of the BC Association for Living Mindfully (BCALM). Board Member Margo McLoughlin recently sat down to interview Mark. Click [here](#) to learn more about the ALM program, the upcoming 2020 Mindfulness Summit, and more!

[READ MORE](#)

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## How You Can Help

We hope you have found your experience with BCALM through the ALM course, Days of Mindfulness, and other activities to be helpful and worthwhile.

We are now looking at how we can help even more people. **To do that, we need help.**

Part of that is our ask for volunteers. Stay tuned in our newsletters for more on this. And part of that is raising money.

**Your donation, whether it is \$20, \$50, or more will support BCALM in a variety of ways:**

1. launching an Art of Living Mindfully program for youth
2. hiring a half-time executive director whose focus will be to consolidate the successes of the organization and identify the possibilities for growth and development
3. increasing administrative support

Click [here](#) to learn more about how to donate!

[DONATE HERE](#)

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## Upcoming CALM Offerings

BCALM is also pleased to offer a **private stream** mindfulness-based stress management course, similar to the MSP-funded Art of Living Mindfully (ALM). This new group is called Community Art of Living Mindfully (CALM). A new eight-week session began January 10, 2020. Click [here](#) to learn more about future offerings and join the mailing list.

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## Did you know...?

- 13 Art of Living Mindfully (ALM) classes are currently being offered in Victoria and the Comox Valley.
- 67 ALM courses were offered in 2019, graduating over 900 people from our program.
- 10 Days of Mindfulness were offered in 2019.
- 1 Community Art of Living Mindfully (CALM) private stream class was offered in 2019.

