



## July 2020 Newsletter

Welcome to the latest edition of the BC Association for Living Mindfully (BCALM) newsletter. Featured this month is an update on BCALM programming; an interview with facilitator Dr. Anne Nguyen; and, information about BCALM's inaugural mindfulness summit that took place in [February 2020](#). And, if you have been wondering how to become involved in BCALM, then look no further! We have information below about current **volunteer** and **donation** opportunities. **Wherever you are at in your mindfulness practice, BCALM is here to support your journey.**

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### Update on BCALM Programming

Over the past few months, BCALM has transferred our Art of Living Mindfully (ALM) eight-week courses to an online platform, and we have been offering drop-in online guided meditations to our community. Our first **five** inaugural ALM e-classes are about to wrap up with **eight** more planned to start in July. We are unsure when in-person classes will resume, but we are monitoring the situation and will respond accordingly. BCALM also continues to work in conjunction with **UVic's Island Medical Program** to facilitate the ALM class to medical students. In 2020, BCALM lead **four** full classes and recently offered a drop-in meditation session for the students. For the latest updates, please visit our [website](#).

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### How You Can Help BCALM

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 the support of our BCALM community.**

Part of that is our ask for volunteers. And part of that is raising money.

### **VOLUNTEERING - BOARD RECRUITMENT**

Are you looking for an opportunity to further your board experience, meet a diverse group of people, and make a difference in the community? BCALM is currently **recruiting for our Board of Directors**. Ideal candidates have expertise in: finance or accounting, human resources, governance, law, organizational development, fundraising, or social media management. Knowledge of board membership and appreciation for mindfulness and meditation are valued assets. Each board member will support the work of BCALM and commit to approximately 5-7 hours per month. If interested in this opportunity, please email your cover letter and resume to [bcalmhr@protonmail.com](mailto:bcalmhr@protonmail.com) by **July 21**. For more information, visit the [Volunteer section](#) of our website.

### **DONATING**

**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. Providing offerings free of charge
3. 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
4. Increasing administrative support

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

**[DONATE HERE](#)**

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## Interview with Dr. Anne Nguyen

Dr. Anne Nguyen is one of the facilitators of BCALM's Art of Living Mindfully (ALM) eight-week mindfulness-based stress management program. BCALM Board Member Margo McLoughlin recently connected with Dr. Nguyen on Zoom to learn more about the many important roles she plays, including being the founder of the Victoria Inner City COVID Response (VICCR).

[READ MORE](#)

## BCALM's 2020 Mindfulness Summit!

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

The **2020 Mindfulness Summit** was held on **February 21-23, 2020** at the UVic campus.

The weekend provided an inspiring forum for the participating health professionals, educators, researchers, mindfulness-based stress reduction (MBSR) facilitators and community activists to gather, share, connect, practice and learn.

The theme of our conference was ***How to Create a Mindful Society*** and our event began with a panel discussion on the **Friday** evening that welcomed **over 180 community members!**

**Dr. Dzung Vo** of the BC Children's Hospital Centre for Mindfulness, along with **Susan Woods, Patricia Galaczy and Dr. Mark Sherman** participated in the panel, offering short presentations on their own perspectives, and then encouraging a discussion on the importance of engaged mindfulness as a means to navigate some of the challenges we face **today**.

**THANK YOU** to all of the participants and volunteers who made this inaugural event a success. We hope to see you again in 2021!

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## Mindfulness Resources

BCALM offers an extensive list of mindfulness resources on its website, including links to meditations, online resources, and suggested readings. Click [here](#) to learn more.

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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).

CALM is offered to provide service to community members who would like to develop a Mindfulness practice, although *do not fit the diagnostic criteria for a physician referral*, as required for MSP funding. The next CALM offering will be in **September 2020**.

Click [here](#) to learn more about these offerings and join the mailing list.

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## Did you know...?

- 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.

