|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  | 2pmET Mindful Parenting Course [(FULL)](https://www.drkostenuik.com/mindful-parenting-resources-course) | 1 | 2 | 3 |
| 4  2pmET Mindfulness  & Meditation Series [(FULL)](https://www.drkostenuik.com/sunday-mindfulness-meditation-serie) | 5 | 6 | 7  2pmET Mindful Parenting Course [(FULL)](https://www.drkostenuik.com/mindful-parenting-resources-course) | 8  [12-1pmET Stress Reduction Practices](https://cma-ca.zoom.us/meeting/register/tZUkd-ChqTIvE9SLQtcDjHiygkW7xpwM6z1Z)  (CMA – free for Canadian physician/learners) | 9 | 10 |
| 11  2pmET Mindfulness  & Meditation Series [(FULL)](https://www.drkostenuik.com/sunday-mindfulness-meditation-serie) | 12 | 13 | 14  2pmET Mindful Parenting Course [(FULL)](https://www.drkostenuik.com/mindful-parenting-resources-course) | 15  [12-1pmET](https://us02web.zoom.us/meeting/register/tZ0lf-ihrTMrGNJpWbrgGHrknE89q-1V_kaO)  **[Parenting Circle Drop-In](https://us02web.zoom.us/meeting/register/tZ0lf-ihrTMrGNJpWbrgGHrknE89q-1V_kaO)**  ***Free***  ***(OPEN TO ALL)*** | 16 | 17 |
| 18  2pmET Mindfulness  & Meditation Series [(FULL)](https://www.drkostenuik.com/sunday-mindfulness-meditation-serie) | 19 | 20  [7-8pmET Mindful Parenting Peer Support](https://cma-ca.zoom.us/meeting/register/tZ0vd-ytrTsoHNQ93htces81KiQdd4PBcM0q)  (CMA – free for Canadian physicians/learners) | 21  2pmET Mindful Parenting Course [(FULL)](https://www.drkostenuik.com/mindful-parenting-resources-course) | 22  [12-1pmET Mindfulness & Meditation](https://us02web.zoom.us/meeting/register/tZ0odOugrzgqHtB5lmmdvL3gd2Ofnmsp8zi_)  ***Free Drop-In***  ***(OPEN TO ALL)*** | 23 | 24 |
| 25  2pmET Mindfulness  & Meditation Series [(FULL)](https://www.drkostenuik.com/sunday-mindfulness-meditation-serie) | 26 | 27 | 28  2pmET Mindful Parenting Course [(FULL)](https://www.drkostenuik.com/mindful-parenting-resources-course) | 29  [7-8pmET](https://cma-ca.zoom.us/meeting/register/tZUpd-6ppjkrEtMNOgawQSSRvnyC9gDDebOI) **Burnout Prevention**  (CMA – free for Canadian physicians/learners) | 30 |  |

Courses - FULL – stay posted for future course dates, join mailing list. Send inquiries to: [marcia@drkostenuik.com](mailto:marcia@drkostenuik.com)

Free sessions for Canadian physicians (CMA sponsored, facilitated by Dr. Kostenuik). Pre-registration required, calendar click link for info and to register.

Free sessions, all are welcome (hosted & facilitated by Dr. Kostenuik). Pre-registration required, click calendar link for more info and to pre-register.

**APRIL 2021   
Sessions/Courses Facilitated by Dr. K**