



MSP-Billable 8-Week Mindfulness-Based Patient Programs Now Accepting Referrals Across British Columbia!

Dear Physicians, Nurse Practitioners, Midwives and Registered Clinical Counselors,

The BC Association for Living Mindfully (BCalm) offers MSP-covered, physician-facilitated group medical visits designed for patients whose physical or mental health is impacted by stress-related conditions. Since 2013, we have supported over 3,400 patients across British Columbia.

Appropriate for patients with:

Anxiety, depression, insomnia, chronic pain, adjustment disorders, and stress-exacerbated medical conditions (e.g., HTN, DM, CAD, autoimmune disorders).

<p>Art of Living Mindfully (ALM) An 8-week MSP group medical visit (90–120 minutes weekly) integrating mindfulness-based and CBT-informed strategies. See referral form</p>	<p>ALM - Mild Cognitive Impairment (MCI) A modified ALM program for patients with Mild Cognitive Impairment (MCI), focused on stress reduction and resilience in early cognitive decline (MOCA >18 recommended; support person encouraged). See referral form</p>
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Program Structure & Cost

- 8 consecutive weekly sessions (90–120 minutes)
- MSP-covered group medical visits
- \$100 registration fee for patient (\$40 refunded upon attendance at all 8 sessions)
- Patients must physically be in Canada for virtual sessions

BCalm does not provide emergency or crisis services, and referring practitioners are asked to remain available for clinical support if needed.

For more details kindly go to this page: <https://bcalm.ca/faq/>

Referral forms available here: <https://bcalm.ca/forms-referrals/>

For questions about patient suitability, please contact: info@bcalm.ca