

The **Art of Living Mindfully (ALM)** is an eight-week, physician-facilitated mindfulness program for adults in British Columbia whose lives are being affected by stress-related physical or mental health challenges. Through guided instruction, practice and group discussion, ALM introduces practical mindfulness meditation and cognitive behavioural strategies that can help you respond to stress with greater awareness and resilience.

ALM is a non-medication-based program. The physician-led group visits are billed to MSP, although a registration fee applies.

What to expect

- Eight weekly group sessions
- Sessions lasting approximately 90 - 120 minutes
- Guidance from a BC physician trained in mindfulness-based care
- Practical exercises you can use in everyday life
- Online classes available across BC, with some in-person classes also offered (Vancouver Island only)

Participants must be able to attend all eight sessions. Your health care provider can help determine whether ALM is appropriate for you.

How do I join ALM?

ALM requires a referral from an eligible health care provider. Speak with your family doctor or another provider involved in your care, such as a nurse practitioner, psychiatrist, registered clinical counsellor or midwife. Ask if ALM may be appropriate for you and, if so, whether they can submit a referral to BCalm.

What if I don't have a family doctor?

You still have options. You can:

- Visit a walk-in clinic or Urgent and Primary Care Centre.
- Book a virtual appointment with a BC doctor or nurse practitioner
- Call HealthLink BC for help finding an appropriate health care option.
- Register with the Health Connect Registry to be connected with a family doctor or nurse practitioner for ongoing care.

Explain that you feel ALM will be beneficial to your healthcare plan and ask if the provider can assess whether the program is appropriate for you and submit a referral on your behalf.

Virtual Health Care Providers include:

- [Telus Health MY CARE](#)
- [Rocket Doctor](#)
- [Avee Health](#)
- [Bridge Care BC](#)

****BCalm does not partner with any other health care providers and can not endorse their services, assistance or advice.****

IF YOU ARE EXPERIENCING A PHYSICAL OR MENTAL HEALTH EMERGENCY, DO NOT SEEK VIRTUAL CARE! CALL 9-1-1 OR REPORT TO YOUR NEAREST EMERGENCY DEPARTMENT!

Call HEALTHLINK BC at 8-1-1

Register with [HEALTH CONNECT REGISTRY](#)

What happens after I am referred?

Once BCalm receives a completed referral, you will be added to the ALM waitlist. Approximately every 4-6 weeks, or as new classes become available, we will email you the dates, times, format and registration information. You can then choose a class whose full schedule you are able to commit to.



The Art of Living Mindfully

Mindfulness Meditation Referral Form

Fax: (1)250-984-7755

info@bcalm.ca

BCALM.ca

PLEASE COMPLETE ALL INFORMATION BOXES INCLUDING EMAIL ADDRESS. INCOMPLETE OR ILLEGIBLE FORMS WILL BE RETURNED.

Date of Referral:			
Client Name:		Phone:	
Address:		*Client email address*	
DOB:	Age: 20+ y/o	PHN:	
Referred by: Clinic: Phone: Fax:		Family Physician: Phone: Fax:	
Please provide brief history and current stressors ☐ HISTORY ATTACHED			
Diagnosis and ICD9 code:			
CONDITIONS: Please indicate all that apply: ☐ Depression ☐ Anxiety ☐ Insomnia ☐ Addiction ☐ PTSD NO ACTIVE SYMPTOMS ☐ Personality Disorder ☐ Chronic Pain ☐ Acute Stress Situation Other Conditions:			
MEDICATIONS: ☐ NO MEDICATIONS ☐ LIST ATTACHED			
Please confirm this patient is appropriate for group based learning: (In the event of unclear group suitability additional information may be requested) ☐ DOES NOT have active substance use <6 months ☐ DOES NOT have a disorder that might interfere with group learning (eg PD) ☐ IS NOT cognitively impaired ☐ HAS NOT had active PTSD sx for <u>> 6 months</u> (nightmares, flashbacks, dissociation) ☐ DOES NOT have criminal/legal issues pending ☐ DOES NOT have active psychosis ☐ IS NOT at-risk to harm self or others ☐ PATIENT IS AWARE OF AND APPROVES THIS REFERRAL ☐ UNDERSTANDS THIS 8 WEEK COMMITMENT; 90-120 MIN CLASS AND 10-30 MIN HOME PRACTICE/DAY			

2026-WS01

We request that the referring clinician be available to the client for therapeutic support if the need arises.
This program **cannot** provide emergency/additional sessions or support.