

## **Provisional Foundational Training in Teaching MBCT Course Dates 2018-19**

Dates below are provided as a guide only and may be subject to change.

**Term 1**

- Monday 3 September 18
- Tuesday 4 September 18
- Tuesday 18 September 18
- Tuesday 2 October 18
- Tuesday 16 October 18
- Tuesday 30 October 18
- Tuesday 13 November 18
- Tuesday 27 November 18
- Tuesday 11 December 18

**Term 2**

- Tuesday 8 January 19
- Tuesday 15 January 19
- Thursday 24 January 19
- Friday 25 January 19
- Saturday 26 January 19
- Sunday 27 January 19
- Tuesday 5 February 19
- Tuesday 12 February 19
- Tuesday 26 Feb 19
- Tuesday 5 March 19
- Tuesday 19 March 19
- Tuesday 2 April 19

**Term 3**

- Tuesday 23 April 19
- Tuesday 7 May 19
- Tuesday 21 May 19
- Tuesday 4 June 19
- Tuesday 11 June 19
- Tuesday 25 June 19
- Tuesday 2 July 19