**Foundational Training in Teaching MBCT**

Fortnightly Format Sample Dates 2018-19

Monday 15 October (PM)

Tuesday 16 October

Tuesday 30 October

Tuesday 13 November

Tuesday 27 November

Monday 10 December

Tuesday 8 January

Friday 1 February

Saturday 2 February

Sunday 3 February

Monday 4 February

Tuesday 12 February

Tuesday 26 February

Tuesday 5 March

Tuesday 19 March

Tuesday 2 April

Tuesday 23 April

Tuesday 7 May

Tuesday 21 May

Tuesday 4 June

Tuesday 11 June

Tuesday 25 June

Tuesday 2 July