

Cultivating Wellbeing for Health Professionals

Dr. Erin Burrell
Dr. Andrea Grabovac

September 21 - 26, 2025
Hollyhock, Cortes Island, BC



Revitalize, restore, and build resilience during this 5-day mindfulness meditation retreat for physicians, health professionals, and their partners

While systemic burnout drivers can only be addressed at the system level, in each moment we have the opportunity to care for ourselves in a way that fosters well-being. Join us for a gentle introduction to Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) and Acceptance and Commitment Therapy (ACT), focusing on cultivating and restoring personal wellness. Through guided meditations, discussions, practical exercises, and meditation refinement, you'll deepen your mindfulness skills, learning to apply them in daily life to cultivate well-being.



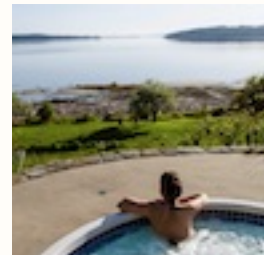
Dr. Burrell & Dr. Grabovac share their combined experience as Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) teachers, trainers and mentors.

Standard Tuition: \$1375 (for practicing physicians); \$1175 (for residents/ allied health professionals) 5 nights meals & accommodation extra.



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This Cultivating Wellbeing for Health Professionals credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to 31.25 hrs Mainpro+ credits. Eligible for 15.5 hrs of MOCOMP Section 1 unaccredited small-group activity credits for specialist Canadian physicians (31.25 hours total – 0.5 credits per hour).



hollyhock.ca/cultivating-wellbeing



1-800-933-6339