



Canadian Mental Health Association, Winnipeg Region Mindfulness Based Stress Reduction Course Fees

- For the eight week basic course
- Based on 25 participants
- Includes course materials and handouts

Open Courses fees – Sliding Scale	
Household Income Level	Course fee
Over \$50,000	\$500.00
\$40,000 to \$49,999	\$400.00
\$30,000 to \$39,999	\$300.00
\$20,000 to \$29,999	\$200.00
\$10,000 to \$19,999	\$100.00
Under \$10,000	\$50.00

On Location (CMHA Winnipeg) Closed Courses		
Non-profit Rate	Government Rate	For-profit Rate
\$4500	\$6000	\$7500

Notes:

- For organizations that have an Organization level membership with the CMHA Winnipeg winnipeg.cmha.ca/connect/membership - \$200.00 discount per course