
FACT SHEET: Upstream: A Center for Mindfulness Practice and Holistic Mental Health

Upstream brings mindfulness practices to Columbia, SC, in an 8-week class series format, focused on teaching self-care techniques for stress relief to students of all ability levels. Upstream co-founders Hilda White, M.D. and Jemme B. Stewart use the Mindfulness-Based Stress Reduction (MBSR) toolset, which utilizes meditation and light yoga to help busy individuals combat stress, anxiety, sleep issues, pain and more.

- Location:** In Five Points, next to City Yoga, in Columbia, SC
- Address:** 2123 College Street, Columbia, South Carolina 29205 [Get Directions](#)
- Founders:** T. Hilda White, M.D., Board Certified Psychiatrist and Psychoanalyst; Jemme B. Stewart, PMHCNS/BC, Licensed Professional Counselor, Registered Yoga Teacher and Board Certified Psychiatric Mental Health Clinical Nurse Specialist
- Service:** Mindfulness-Based Stress Reduction (MBSR) 8-week class series
- History:** Jemme and Hilda have worked individually as mental health practitioners for decades. After meeting in a yoga class in 2010, they began a professional dialogue regarding mindfulness practices and holistic mental health. Upstream was founded in June 2012.
- Interior:** Interior design by Toni Forrest includes soothing, celadon green brick walls; comfortable offices for individual counseling; group studio with eco-friendly cork flooring and custom wall cut-outs for yoga mats and blankets; and a contemporary design sense which echoes the exteriors of the neighboring progressive cluster of lifestyle businesses in Five Points.
- Mission:** To bring mindfulness practices to Columbia, South Carolina by teaching students to relax both mind and body, with the goal of achieving a new way of present, mindful thinking and problem solving.
- Parking:** Parking lot shared with City Yoga
- Phone:** 803.250.6764
- Email:** info@UpstreamSC.com
- Website:** <http://UpstreamSC.com/>
- Twitter:** @UpstreamSC – <https://twitter.com/UpstreamSC>
- Facebook:** <https://www.facebook.com/UpstreamSC>
- Pinterest:** <http://pinterest.com/UpstreamSC>

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