MAY 13, 20, 27 & JUN 3
3:00-4:30

COGNITIVE BEHAVIOURAL THERAPY WITH MINDFULNESS CLASS (CBTM)

We are offering a series of 4 classes, each one building on the learning of the other. This group is for anyone over the age of 18 who may struggle with anxiety or depression motivated to learn new coping skills.

WHAT IS INVOLVED?

AT EACH CLASS YOU WILL BE GIVEN “HOMEWORK”

YOU ARE ENCOURAGED TO APPLY YOUR LEARNING AT HOME AND WORK

PLEASE NOTE: THIS CLASS IS A GROUP EDUCATION CLASS, NOT A GROUP THERAPY SESSION.

LOCATION:
The Wellness Institute
1075 Leila Ave

CALL THE WELLNESS INSTITUTE TO REGISTER:
204-632-3900