



**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.

MY HEALTH TEAM
Seven Oaks Inkster

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
