

Cognitive Behavioural Therapy with Mindfulness (CBTm) Classes

What is CBT?

Cognitive Behavioural Therapy. It is a psychological treatment that was developed through scientific research and involves learning new skills to manage symptoms of anxiety and depression. It shows new ways of thinking and how to change behaviours that can help you live a more balanced life.



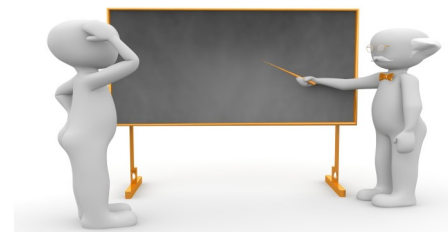
Why Mindfulness?

Mindfulness is intentionally paying attention to the moment, without judgment.

It can help change our relationship with our thoughts, feelings, and behaviours, which supports making changes to thoughts and behaviours (CBT).

Topics

- Mindfulness
- Exposure
- Behavioural Activation
- Realistic Thinking
- Setting Goals
- Healthy Living Strategies
- Anger & Assertiveness
- Self-Compassion
- Problem Solving
- Acute Stress



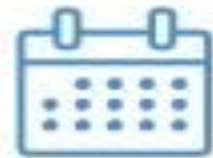
Who is it for?



Adults 18 years and older experiencing difficulties with feelings of anxiety or low mood, who are looking to learn new skills. You are also encouraged to bring a family member or natural support.

When & Where is this happening?

Classes are 90 minutes once a week for 5 weeks. There are roughly 6 rounds of classes/year. CBTm classes are currently held in via Zoom for HealthCare with access by video or phone.



How to Access

For more information visit:

<http://cbtm.ca/>



No referral required
Contact Central Intake
Toll Free: 1-866-757-6205 ext. 1

or

204-785-7752 ext. 1
or discuss with your Mental Health Worker