

Cognitive Behavioural Therapy with Mindfulness Classes (CBTm)

Free classes offered by the Interlake-Eastern Regional Health Authority



What is CBT?

CBT is the abbreviation for 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 which can help you live a more balanced life.

Why include Mindfulness?

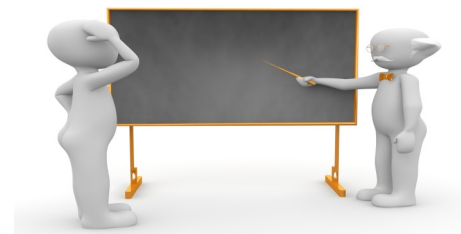


Mindfulness is a form of meditation that focuses on self-awareness and being present in the moment. It involves acknowledging your thoughts and feelings without passing any judgment. This practice complements CBT, creating CBTm classes.



What topics are covered?

- Basics of CBT
- Mindfulness
- Realistic Thinking
- Setting Goals
- Healthy Living Strategies
- Sleep Hygiene
- Anger & Assertiveness
- Self-Compassion
- Problem Solving



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 held once a week for 4 weeks and each class is 90 minutes. CBTm classes are held in many different locations across the Interlake-Eastern Regional Health Authority.



For More information visit:

<http://cbtm.ca/>



How to Access

No referral required
Contact Central Intake
Toll Free: 1-866-757-6205
or
204-785-7752

or discuss with your Mental Health Worker



UNIVERSITY
OF MANITOBA



Interlake-Eastern
Regional Health Authority

