



Woolwich Counselling Centre Presents...

Cognitive Behaviour Therapy Skills Group

This psycho-educational group will teach you all about Cognitive Behaviour Therapy, an evidence-based approach that focuses on the way people think and act and how these contribute to mood.



You will be provided with the tools necessary to begin managing your symptoms of stress, depression and/or anxiety by learning strategies to support mental well-being. Topics such as self-care, goal setting, styles of distorted thinking and how to overcome negative thoughts using thought logs and thought challenging strategies will be covered.

Nov 10, 17, 24, Dec 1, 8 & 15, 2020

No Cost ~ Virtual Session ~ 6:30-7:30 pm

**Please call 519-669-8651
or email: info@woolwichcounselling.org
for more information or to register.**