

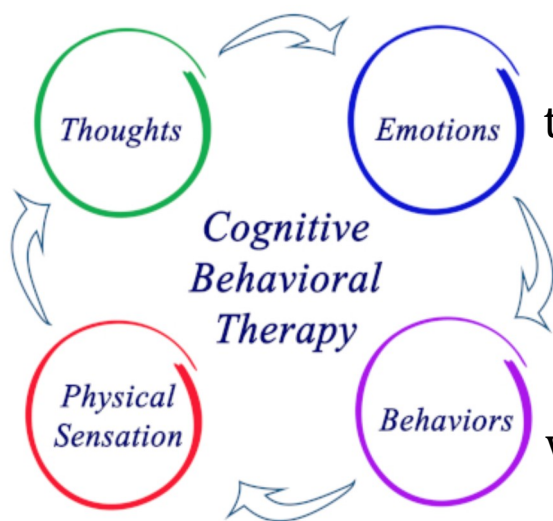


Woolwich Counselling Centre Presents...

# Understanding Cognitive Behaviour Therapy

Virtual Adult Workshop ~ No Cost

Learn about an evidence-based approach commonly used in mental health counselling to support clients struggling with stress, depression and/or anxiety.



You will be introduced to the Cognitive Behaviour Therapy (CBT) Model and learn how thoughts, emotions, and behaviours interact as well as the value of changing negative thinking patterns.

**October 20, 2020**

**7:00-8:00 pm**

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