

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **COGNITIVE BEHAVIOUR THERAPY (CBT) ANXIETY SKILLS GROUP ADULT GROUP**

**No cost, virtual group**

This psycho-educational six-session therapy group will teach you about CBT, 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, how to overcome negative thoughts using thought logs, and thought challenging strategies will be covered.

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**TUESDAYS, NOV. 9, 16, 23, 30,  
DEC. 7, 14 2021  
6:30-8 PM**

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**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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