

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

UNDERSTANDING COGNITIVE BEHAVIOUR THERAPY (CBT)

ADULT WORKSHOP

No cost, virtual workshop


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 CBT Model and learn how thoughts, emotions, and behaviours interact as well as the value of changing negative thinking patterns.

TUESDAY, OCT. 11 2022

7-8 PM

LEARN MORE AND REGISTER:

 **519-669-8651**

 **INFO@WOOLWICHCOUNSELLING.ORG**

 **65 MEMORIAL AVE, ELMIRA**

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