

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

**TRANSFORMING THOUGHTS AND BEHAVIOURS
FOR A BETTER MOOD: HOW COGNITIVE
BEHAVIOURAL THERAPY CAN HELP MANAGE
ANXIETY AND DEPRESSION**

ADULT GROUP

In-person group

This psycho-educational 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.

FEE*: \$100

*Further subsidies available if needed.

**TUESDAYS, OCT. 22, NOV. 5, 19,
DEC. 3, 17 2024
6:30-7:30 PM**

LEARN MORE AND REGISTER:



**WOOLWICHCOUNSELLING.ORG/
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519-669-8651



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