

Fall 2023



Catholic Family Services presents...

# CBT Skills Group

## A Free (virtual) Wellness Skills Group

**In this new 8-week program, we will start by learning the brief history of how behavioural therapy and cognitive therapy morphed into what we know today as CBT.**

Throughout the program, we will explore the relationship between our thoughts, behaviours, and feelings and how it influences our daily lives. We will specifically discuss goal setting, looking at our values, and even time management skills.

We will also look at how our negative thought patterns develop and what we can do to unlearn them will be analyzed as well. Additionally, the group will introduce practical skills in each session.

### Date & Time

The CBT Skills group runs on Thursdays from 1:30-3:30pm for eight weeks starting October 12.

### To register:

Visit <https://bit.ly/3uwPLSf> or call 705-726-2503.

Space is limited!

See other upcoming MindSelf workshops at [cfssc.ca/mindself](https://cfssc.ca/mindself)