



# 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 explore the relationship between our thoughts, behaviours, and feelings and recognize how they influence our daily lives. We will discuss goal-setting, looking at our values, and time-management skills.

We will also examine how our negative thought patterns develop and what we can do to unlearn them.

In each session, the group will be introduced to new practical skills.

### **Date & Time**

Thursdays from 1:30-3:30pm for eight weeks starting February 8th

### **To register:**

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

**Space is limited. Register soon to avoid disappointment**

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