

Cognitive Behaviour Therapy with Mindfulness (CBTm)

Classes for Symptoms of Anxiety & Depression



What Is CBTm?

CBTm aims to improve your mental health by challenging and changing unhelpful cognitive distortions. It focuses on how a person's thoughts, beliefs, and attitudes affect their feelings and behaviours. CBTm can help with depression, anxiety, and a wide range of other issues. Topics covered include: CBT model, relaxation strategies, cognitive restructuring, goal setting, exposure therapy and more.

****You do not need a formal psychiatric diagnosis to attend classes***

When and Where

- CBTm classes are **FREE** and open to participants 18 years of age or older.
- Classes are offered regularly with morning, afternoon and evening times available.
- Classes are currently being offered virtually. To participate, you must have access to internet and a smart phone, tablet or computer.

For inquiries or to register please contact the
My Health Team at 204-940-7452



For the complete list of CBTm dates in Winnipeg, please refer to the WRHA Health Management Group Program Guide at: <https://wrha.mb.ca/groups/health-education-programs/>