



Are you coping with anxiety, depression? You're not alone

Talk to your health care team, we're here to help – ask us about CBT Skills programs

Anyone can benefit from building mental health self-management skills if they are experiencing challenges like depression, anxiety or insomnia. Cognitive Behavioural Therapy (CBT) Skills Group is an MSP-funded skills training program that one can attend virtually. The groups are designed by psychiatrists and taught by physicians.

Groups run for eight weeks of 1.5-2 hour virtual sessions with 10-60 minutes of home practice each week. The groups run during the day, evening and even weekends. Women-only and new parent groups are also available. There is no cost to you, except for a \$65.00 refundable deposit to protect against no-shows.

You can even retake the course multiple times if you need more support, or you can move up to other levels focusing specifically on different challenges you might be facing.

"Through the CBT Skills program I have learned simple approaches I can use to maintain more objectivity in situations where I could become anxious or overly emotional. I have more ways to remain calm and feel more in control over my moods/emotions."

93% of completers report confidence in their ability to manage their mental health symptoms



Point your phone camera here for instant access to the CBT Skills website



cbtskills.ca