

Explore Mind Space, Discover Skills for Wellbeing

Dr Suzanne Walter is Facilitating a CBT Skills Foundations In Person Group

These groups introduce the foundational concepts of Cognitive Behavioural Therapy (CBT), weaving in aspects of mindfulness, emotion regulation and Acceptance and Commitment Therapy over an 8-week series. You will learn these concepts and apply practical skills in your daily life, with the aim of identifying which ones are most helpful to manage your stress and symptoms.

Group Overview

WHEN: Wednesdays- Eight Weekly 1.5hr group sessions

- Starting September 24th through to November 12th, 2025

WHERE: In-Person

- Gibsons (exact location shared on registration)

TIME: 1:30 - 3:00PM

COST: \$75 attendance deposit, refundable, financial support available

REGISTER:

1. Talk to your primary care provider to get referred to the program.
2. Look for an email from Mind Space & follow link to register for the **In Person CBT Skills Foundations Course** (check Junk Mail for email)
3. ONLINE REGISTRATION IS REQUIRED prior to attending course
4. Email hello@mind-space.ca for any issues with registration

Zoom classes are also offered by Dr. Walter and other facilitators

Scan this QR code or visit our website to find out more about our programs!



Practical Strategies for Improving Wellbeing