

# Dr Suzanne Walter and Dr Rahul Gupta are 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 from January 15th - March 5th 2025

**WHERE:** Sechelt

**COST:** \$65 no show deposit, refundable, financial support available

**TIME:** 9:30 - 11:00AM

**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 Sechelt course (check Junk Mail for email)

Zoom classes also offered by Dr. Walter and other facilitators

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



[mind-space.ca](https://mind-space.ca)



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