



# Be Kind to Your Mind

Mind Space offers mental wellness groups that explore a variety of concepts and skills to support you and your health

**CBT Skills Foundations**  
**Raising Resilient Kids Parenting**  
**Skills for Success: ADHD Strategies for Adults**  
**CBT Skills for Insomnia**



**Ask your primary care provider about Mind Space Groups, a publicly funded, doctor-led program for adults (17.5 or older) to learn practical tools that can improve your mental health.**

**WHEN:** Eight Weekly 1.5 - 2 hr group sessions

**WHERE:** Virtual (zoom) & In-person (certain regions)

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

**WAIT TIMES:** Short - up to 40 groups run simultaneously



[www.mind-space.ca](http://www.mind-space.ca)



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(formerly known as CBT Skills Groups Society)