



Be Kind to Your Mind

Dr Suzanne Walter and Dr Rahul Gupta are facilitating a
CBT Skills Foundations **In Person** Group



WHEN: Wednesdays - Eight Weekly 1.5hr group sessions from **September 18 to November 6**

WHERE: Gibsons & Area Community Centre

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

TIME: 1:30 - 3:00PM

SIGN UP: Talk to your primary care provider to get referred to the program

- walk in physicians doing same day appointments at either Cowrie or Upstream Clinics are also able to provide referrals
- Online courses will be available in the Fall with Dr Walter & other facilitators

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.

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.



www.mind-space.ca



hello@mind-space.ca



(formerly known as CBT Skills Groups Society)