



A word cloud on a teal background featuring various mental health conditions. The largest word is 'DEPRESSION'. Other prominent words include 'ANXIETY', 'UNHELPFUL BEHAVIOURS', 'EATING DISORDERS', 'INSOMNIA', 'ADDICTION', 'CHRONIC PAIN', 'EMOTIONAL DISTRESS', and 'TROUBLING THOUGHTS'. A QR code is centered in the word cloud. The website 'cbtskills.ca' is repeated several times in smaller text.

Ask Your Doctor to Join a CBT Skills Group Today

Anyone can benefit from building mental health self-management skills if you're experiencing challenges like depression, anxiety or insomnia. CBT Skills Group is an MSP-funded skills training program that you 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.



EMOTIONAL DISTRESS DEPRESSION
 TROUBLING THOUGHTS
ANXIETY EATING DISORDERS
 CHRONIC PAIN
 DEPRESSION EMOTIONAL DISTRESS cbtskills.ca
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