

Cognitive Behavioural Therapy Group



**Waterloo Region
Nurse
Practitioner Led
Clinic**

www.wrnplc.ca

Group dates/times

Kitchener Office
123 Pioneer Dr.
2nd level suite 204

Four Tuesday's
March 19th to April 9th
6-7:30 pm

Open to any WRNPLC
patient

Confirm your spot by
calling our office
Or

Send an email to
patient@wrnplc.ca

include
CBT GROUP in the
subject line

Do your thoughts spiral out of control?

**Do you have difficulty managing anxiety
or depressive feelings?**

**Want to learn helpful interventions to
address your mood and behaviours?**

Register for a 4 session group exploring CBT
frameworks and tools.

CBT is a evidence-based counselling modality
that supports patients struggling with stress,
depression and/or anxiety.