



# INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY

Tuesdays 5:30 – 7:30 pm (Kitchener Site)

**October 1, 8, 15, 22, 29**

**November 5, 12, 19 and 26**

**2019**

**INTRODUCTION  
TO COGNITIVE  
BEHAVIOURAL  
THERAPY (CBT)  
PART I & PART II**

**STRESSED?  
ANXIOUS?  
DEPRESSED?**

**LEARN COPING  
SKILLS TO  
CHANGE HOW  
YOU THINK, ACT,  
AND FEEL**

**FREE COURSE  
FOR PATIENTS OF  
WRNPLC**

**WATERLOO REGION  
NURSE PRACTITIONER  
LED CLINIC**

123 Pioneer Drive,  
Unit B204, Kitchener

519-772-2322

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12, 19, and 26

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**PLEASE REGISTER WITH FRONT DESK OR ONLINE**