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| |  | | --- | |  | | INTRODUCTION TO COGNITIVE BEHAViOURAL THERAPY  Wednesday @ 1:30pm – 3:30 pm(Virtually via OTN)  **October 13, 20, 27**  **November 3, 10, 17, 24**  **December 1, 8**  fas  lig  PLEASE | |  | | **Register with the clinic** in person, by phone, or by clicking the link on the website. Space is limited so don’t delay!    **INTRODUCTION TO**  **COGNITIVE BEHAIOVURAL THERAPY (CBT)**  **PART I & PART II**  ***Waterloo Region***  ***Nurse Practitioner-Led Clinic*** | |  | |  | |  | | --- | | INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY (CBT) PART I & PART IISTRESSED? ANXIOUS? DEPRESSED?LEARN COPING SKILLS TO CHANGE HOW YOU THINK, ACT, AND FEELFREE COURSE FOR PATIENTS OF WRNPLC | |  | | Waterloo region nurse practitoner led clinic 13 Water Street, North  Cambridge, ON  519-772-2322  www.wrnplc.ca | |

**PLEASE REGISTER WITH FRONT DESK OR THROUGH OUR WEBSITE**