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| INTRODUCTION TO COGNITIVE BEHAViOURAL THERAPYWednesday @ 1:30pm – 3:30 pm(Virtually via OTN)**October 13, 20, 27****November 3, 10, 17, 24****December 1, 8**fasligPLEASE |
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| **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*** |
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| 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 clinic13 Water Street, North Cambridge, ON 519-772-2322www.wrnplc.ca |

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