



# **INTRODUCTION TO COGNITIVE BEHAVIOURAL THERAPY**

Wednesdays @ 1:30pm – 3:30 pm (Virtually via OTN)

**July 8, 15, 22, 29,**

**August 5, 12, 19, 26,**

**September 2, 2020**

**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**

13 Water Street, North  
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519-772-2322  
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**PLEASE REGISTER WITH FRONT DESK OR THROUGH OUR WEBSITE**