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| |  | | --- | |  | | INTRODUCTION TO COGNITIVE BEHAViOURAL THERAPY  Tuesdays @ 5:30pm – 8:30 pm(Virtually via OTN)  **January 5th, 12th, 19th, 26th**  **February 2nd, 9th, 16th, 23rd &**  **March 2nd, 2020**  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**