|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
|  |
| INTRODUCTION TO COGNITIVE BEHAViOURAL THERAPYTuesdays @ 5:30pm – 8:30 pm(Virtually via OTN)**January 5th, 12th, 19th, 26th****February 2nd, 9th, 16th, 23rd &****March 2nd, 2020** fasligPLEASE |
|  |
| **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 clinic13 Water Street, North Cambridge, ON 519-772-2322www.wrnplc.ca |

 |

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