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

|  |
| --- |
|  |
| Seeking SafetySeeking Safety is an evidence-based, present-focused therapy model to help people attain safety from trauma and/or substance abuse.**Wednesdays @ 1:30pm – 3:30 pm (Virtually via OTN)**July 14, 21, 28August 4, 11, 18, 25September 1st, 2021 |
|  |
| **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*** |
|  |

 |  |

|  |
| --- |
| Seeking Safety GroupVariety of topics within the following themes:Cognitive, Behavioral, Interpersonal & Case managementPatients provide input to the topic areas for each session (group treatment geared to your individual needs).FREE COURSE FOR PATIENTS OF WRNPLC |
|  |
| Waterloo region nurse practitoner led clinic13 Water Street, North Cambridge, ON 519-772-2322www.wrnplc.ca |

 |

**PLEASE REGISTER WITH YOUR PRACTITIONER OR THROUGH OUR WEBSITE**