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| |  | | --- | |  | | Seeking Safety  Seeking 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, 28  August 4, 11, 18, 25  September 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 clinic 13 Water Street, North  Cambridge, ON  519-772-2322  www.wrnplc.ca | |

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