

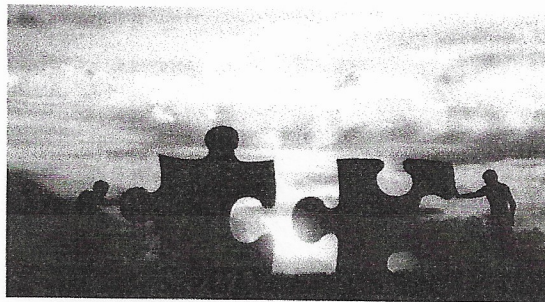
CBT GROUP

You have been referred to the Cognitive Behaviour Therapy (CBT) Group at Comox Valley Mental Health and Substance Use (CVMHSU).

The **CBT Group** is an introduction to Cognitive Behaviour Therapy. This group provides an opportunity to increase skills for managing anxiety and depression more effectively. If you are experiencing depression and/or anxiety, which significantly interferes with your daily functioning, you can benefit from this group.

The CBT Group is structured around weekly topics, goal setting, and a mindfulness practice. The group has a rolling admission, meaning that you can join the group as soon as space becomes available. You will need to attend one Monday Orientation session to learn about the group. When a seat becomes available, we ask that you commit to six consecutive CBT weekly groups. You have the option of extending your sessions by another six weeks for a total of twelve weekly sessions.

EXAMPLE OF WEEKLY TOPICS: Managing Anxiety, Understanding Emotions, Boundaries and Assertiveness, Managing Depression, Self-Compassion, Mindfulness, Loneliness, Procrastination



CBT GROUP ORIENTATION Mondays 11:00 a.m. - 11:45 a.m.

CBT GROUP Tuesday afternoons: 2:15 p.m. – 4:15 p.m.

OR

Wednesday mornings: 10:00 a.m. - 12:00 noon

LOCATION: CVMHSU, 941C England Avenue, Courtenay BC

PHONE: (250) 331-8524

FACILITATORS: Coreen Cherry, Tanya Helle, Alison Nicholas, Linda Pugh

REGISTRATION: Your clinician will add you to the waitlist for the group and you can expect a call from one of the facilitators shortly. Your clinician can also answer any questions about the program. We look forward to talking to you soon.