

CBT AND MINDFULNESS GROUP

Discover peace, wellness, and social support with the help of cognitive behavioural therapy



Topics Covered:

- Awareness + Automatic Pilot
- The Wandering Mind
- Befriending the Body Through Meditation
- Learning to Respond
- Thoughts Are Not Facts
- Reflection + Recap

\$70 Per Session – Covered through Insurance

Starting: May 15th to June 19th

6 weekly sessions

On Thursday's from

6pm–7:30pm

Reserve your spot now!

Email: intake.shc@gmail.com

Phone: 905–299–8898



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