

The Cognitive Behaviour Therapy with Mindfulness (CBTm) program is created for youth and aims to teach them practical ways to boost their mental well-being.

WHY SHOULD I PARTICIPATE IN CBTM?

- Learn how to shift unhelpful thinking patterns into more helpful patterns
- Become aware of good quality self-help resources
- Learn how to respond to stress and worries in healthier ways
- Enhance self-esteem
- Improve communication and coping skills



WHAT WILL I LEARN ABOUT?



- The CBT model
- Mindfulness strategies
- Goal setting
- Helpful and balanced thinking
- Basics of behaviour therapy
- Healthy living and sleeping
- Anger, assertiveness and self compassion
- Problem-solving
- Managing stress

IS CBTM RIGHT FOR ME?

CBTm is available to and may be useful for all youth, whether or not they are currently experiencing mental health symptoms.

- Ages 12-17 years
- Grade 6 reading level or above
- Able to participate in a 1.5 hour class
- Want to build healthy coping skills
- Want to learn more about mental health



CLASS STRUCTURE



Classes are led by a trained clinician and are held virtually over Zoom. Sessions are 90 minutes and occur once per week for 5 weeks. The sessions include a presentation in a classroom format. Youth participants will be encouraged to discuss and ask questions of the facilitator. Skills practice will be assigned weekly. Parents, guardians, or other support persons are welcome to join!

PROGRAM EVALUATION

To find out if the CBTm program works for youth in Manitoba, you'll be asked to fill out weekly questionnaires as part of a research study. These questionnaires will be available on Greenspace, an online clinical platform. They'll ask your child about their mental well-being and their thoughts on the classes. Please rest assured that any information your child provides will remain entirely confidential and will greatly assist us in understanding how well this new program works.