CBTm
COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS
THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Shared health Soins communs Manitoba

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FEELING STRESSED, OVERWHELMED, OR ANXIOUS?

Cognitive Behaviour Therapy with Mindfulness (CBTm) is a Manitoba-made, evidence-based program available at **no cost** that can help you manage stress, anxiety, and low mood with practical strategies for everyday life.

Sign up for our 5-Class Program

Visit www.cbtm.ca to register or learn more about our program options.

FOR YOU, OR SOMEONE YOU CARE ABOUT.

Whether *you're struggling right now*, *supporting someone else*, or *want to be proactive*, CBTm is designed to help.

Life can be unpredictable. CBTm gives you tools to better manage stressful situations and support your overall well-being.

IN THESE CLASSES, YOU WILL LEARN:

CBT & MINDFULNESS SKILLS
How to identify and shift unhelpful thinking patterns

HEALTHY LIVING STRATEGIES
How nutrition, sleep, and exercise affect mental wellness

TOOLS & SKILLS FOR MANAGING STRESS
Learn strategies to cope with stress and strong emotions

GOAL SETTING & PROBLEM SOLVING
Learn about SMART goals, communication styles and more

Choose the format that works for you:

In-person • Zoom • Online course

Learn skills you can use at home, at work, or on the go.