

Who is it for?

Adults who are 18 years or older and reside in Manitoba.

All participants are encouraged to bring a family member or support to the classes if they would like.

Why should I participate in CBTm?

- To learn the basic principles of CBTm
- Gain access to good quality resources
- Learn new skills that can help improve your overall mental well-being
- To help build resilience

Contact Us

To register for the CBTm facilitator-led classes at Family Dynamics, please connect with Jodee by phone or email using the numbers and email provided below.



Family Dynamics CBTm
Info:

Tel: (204) 594-1879

Email:

communityintake@familydynamics.ca



Skills for Life

What is CBTm?

Cognitive Behaviour Therapy with Mindfulness (CBTm) is an education program designed to help you build resilience and improve your mental wellness.

Please read the information below to find out if this program is right for you!

Is CBTm right for me?

- I struggle with anxiety and/or mood symptoms
- My mental health is impacting my life in negative ways
- I want to learn new skills to help manage my mental wellness

What will I learn about?



- The CBT model
- Mindfulness
- Goal Setting
- Healthy & Realistic Thinking
- Basics of Behaviour Therapy
- Healthy Living & Sleeping
- Anger, Assertiveness & Self Compassion
- Problem-Solving
- Managing Stress

Research Info

In order to determine if the CBTm programs are helpful, individuals will be asked to fill out a set of measures each class and following course completion. The measures will ask about your mental health, as well as gather feedback on the program. All information gathered is held on a secure server and data will be made anonymous.

