CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Jan 15th- Feb 12th, 2027 on Fridays from 10:30 AM –12:00 PM

(5 weeks)

Family DYNAMICS

Please call Family Dynamics intake counsellor Jodee at 204-594-1879 to inquire about registration

www.familydynamics.ca

Classes will be offered in person.

Fees for classes are free!