

DR. MICHAEL SPEVACK Memorial Lecture Series 2018



The Emotional Health CBT Clinic
Cognitive Behavior Therapy since 1972

Affiliated with  Centre universitaire de santé McGill
McGill University Health Centre

FREE PUBLIC LECTURES

October 4th-December 6th
Thursdays 7:30pm-9:00pm

OCTOBER 4

*Are worries taking over your mind?
CBT to control worry*

OCTOBER 11

Alleviate Depression and feel happier with CBT

OCTOBER 18

*Take control of your life: CBT for improved
Self-Esteem and Assertiveness*

OCTOBER 25

*Don't let social anxiety put you in a corner
CBT for Social Anxiety*

NOVEMBER 1

A bright future for your kids: CBT for Parenting

NOVEMBER 8

*Get out there with confidence
CBT for Panic and Agoraphobia*

NOVEMBER 15

CBT for Happiness

NOVEMBER 22

*Cultivate healthy behaviours
CBT for your Health*

NOVEMBER 29

*Stop OCD in its tracks
CBT for Obsessive Compulsive Disorder*

DECEMBER 6

Better solutions for Pain management with CBT

CBT=Cognitive-Behavioral Therapy

QUEEN ELIZABETH HEALTH COMPLEX, Suite 210
2100 Marlowe ave., Montreal, QC, H4A 3L5
(Vendôme Metro)

INFORMATION or to RSVP:

514 485 7772

info@cbtclinic.ca

www.cbtclinic.ca

