



FEBRUARY 2019 MINDFULNESS-BASED COGNITIVE THERAPY

An 8-session group to practice mindfulness skills and Cognitive Behavioral Therapy (CBT) strategies.

This program covers:

- Mindfulness meditation
- Psychoeducation about depression and low mood
- CBT skills and exercise
- Mindfulness-based coping skills

Cost: \$200- 360 (sliding scale)



The Emotional Health CBT Clinic
Cognitive Behavior Therapy since 1972

**This group
can help you:**

—
**Learn mindfulness
and CBT skills**

—
**Manage low mood
and worry**

—
Cope with stress

—
**Prevent
depression
relapse**

**THE EMOTIONAL
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**If you are currently experiencing a serious mental health issue, this group might not be recommended for you.*