



The Emotional Health CBT Clinic
Cognitive Behavior Therapy since 1972

COGNITIVE BEHAVIOURAL THERAPY GROUP FOR **HEALTHY WEIGHT LOSS*** *Adjust your thoughts, Adjust your weight*

In this group you will learn:

- To **identify and modify** thoughts related to healthy habits
- Mindfulness tools to **manage cravings** and negative emotions
- Strategies to **cope more effectively** with challenging situations

Queen Elizabeth Health Complex
2100 Ave. Marlowe, Room 210
Montreal, QC, H4A 3L5
(Vendôme Metro station)

6:00pm-7:30pm on Mondays for 10 weeks, starting in February/March 2019
Cost: 25\$/session

**For individuals who overeat, but do not suffer from bulimia, anorexia, or another eating disorder that could prevent this program from being beneficial.*

**FOR INFORMATION OR
TO SIGN UP:**

Phone:

514 485 7772

Email:

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