



CBT Stress Management Group

Program begins Monday, October 16, 2023

This 8-session CBT group teaches skills to better manage stress, including cognitive strategies, self-care, mindfulness, behavioural experiments, and effective problem solving. This program is for adults who self-identify as struggling with managing stressors and want to learn new strategies for dealing with their stress.

Location: Virtually on Zoom and is open to all adult residents of Ontario

Timing: Mondays from 5:00-6:30 pm starting October 16, 2023

Facilitator: Dr. Ashley Hyatt, a registered clinical psychologist

Cost: The cost of each session is \$90 (8 weeks x \$90 = \$720). Most private insurance plans will cover part of the fees.

For more information or to enroll please contact us



Phone: 226-686-0848 ext. 3

Email: info@waterloocbt.ca

Website: www.waterloocbt.ca