

Let's Talk About...

Cognitive Behavioural Therapy (CBT)

Lindsay Slater from Ontario Shores Centre for Mental Health Sciences joins us to discuss the history of CBT and how it can be a helpful tool in treating mental health disorders such as Anxiety, Depression and PTSD. Learn more about this form of talk therapy that can help you to break free from negative thought patterns and improve your mental wellbeing.



Tuesday, February 16, 2021

6 p.m. - 8 p.m.

To register and receive a link please contact Barb at
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