



# CBTm Skills Workshop

Cognitive Behavior Therapy with Mindfulness for  
**Rady Faculty of Health Sciences & Inner City Social  
Work** learners:

-  6 Sessions @ Bannatyne Campus
-  Tuesdays, 4 - 5:30 pm
-  Oct. 6 - Nov. 10, 2026

Free to attend. Limited spaces. Registration required.

Student Services at  
Bannatyne Campus

204.272.3190



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of Manitoba**

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