

Cognitive Behavioural Therapy with Mindfulness (CBTm) Skills Workshop



FOR RADY FACULTY OF
HEALTH SCIENCES &
INNER CITY SOCIAL
WORK LEARNERS

***Feeling stressed? Learn tools to build resilience, challenge
unhelpful patterns, and promote wellbeing.***

- ➔ 8 Sessions @ Bannatyne Campus
- ➔ Wednesdays, 4 - 5:30 pm
- ➔ Sept. 24 - Nov. 12, 2025

Free to attend. Limited spaces. Registration required.

LEARN MORE OR REGISTER:

STUDENT SERVICES AT
BANNATYNE CAMPUS



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