

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.

- ➔ 6 Sessions @ Bannatyne Campus
- ➔ Tuesdays, 4 - 5:30 pm
- ➔ Feb. 24 - Mar. 31, 2026

Free to attend. Limited spaces. Registration required.

LEARN MORE OR REGISTER:

STUDENT SERVICES AT
BANNATYNE CAMPUS



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