

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



204.272.3190



BCSS@UMANITOBA.CA

