

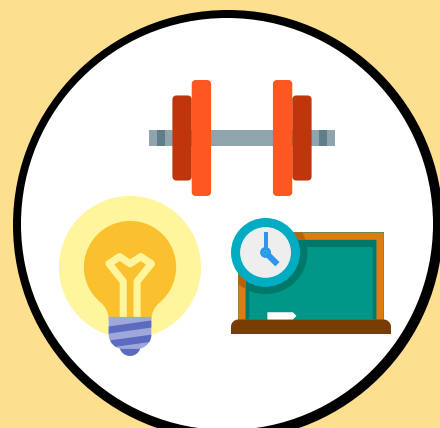


### What is CBTm?

Cognitive Behaviour Therapy with Mindfulness (CBTm) is an education program designed to help you build resilience and improve your mental health wellness. Please read the information below to find out if this program is right for you!

### Why should I participate in CBTm?

- To learn the basic principles of CBTm
- To learn and gain access to good quality resources
- To learn new skills that can improve your treatment and recovery
- To build resiliency



### What will I learn about?

- The CBT Model
- Mindfulness
- Healthy & Realistic Thinking
- Goal Setting
- Basics of Behaviour Therapy
- Healthy Living & Sleep
- Anger, Assertiveness & Self-Compassion
- Problem-Solving
- Stress & Coping with Stress



### Are these classes right for me?

- I struggle with anxiety and/or depressive symptoms
- My mental health is impacting my life in negative ways
- I want to learn new skills to help better manage my mental health



### What are my options?

#### Facilitator led CBTm classes

These classes are led by a trained clinician and are held either in-person or virtually over Zoom. There are 5 classes in total that occur weekly, over 5 weeks; each class will take approximately 1.5 hours. Skills practice will be assigned weekly and discussed at the beginning of the next class. You are welcome to bring one family member or friend to attend the classes with you.



#### Online CBTm Course

The online CBTm classes have been created to mirror the facilitator-led classes. The material presented each week will be the same and will be voiced by CBTm-trained clinicians from Manitoba. The entire course will take approximately five weeks to complete, with a new class available to you one week after completing the previous class. Each class will take approximately 1.5 hours to complete, however, this will depend on the pace at which you complete the course.



### Research Info



In order to evaluate the CBTm programs, individuals will be asked to fill out a set of questionnaires each week throughout the course and following course completion. The questionnaires will evaluate your mental health symptoms, as well as gather feedback on the virtual format. All information will be held on secure servers and will be made anonymous.

#### CBTm Team Contact Information:

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