



*** 6-WEEK CBT GROUP THERAPY ***



COST: \$450.00 * Please check your extended healthcare benefits for coverage.

FACILITATORS:

Katie Quinlan, M.A., Ph.D. Candidate &
Dr. Natasha Whitfield, Ph.D., C.Psych.

WHO: Grades 3 to 5 (Ages 8 to 11)

WHAT: COPE Program (Self-Regulation Skills)

WHERE: 19 Thorne St. (Nexus Building Centre in Downtown Galt)

WHEN: Every Thursday from October 14th - November 18th, 2021
5:30 to 7:00 p.m. (1.5 Hours)

WHY: The COPE Program is designed to help improve self-regulation and problem-solving skills in children. This skill building intervention is based on a combination of Cognitive-Behavioural Therapy (CBT), mindfulness, and play-based strategies to increase “tools in one’s toolbox.”

REGISTER: Please call **226-600-4712**
or email **admin@cpbs.ca**



** Timelines may change based on interest and participation levels.*