



What is CBTm?

Cognitive Behaviour Therapy with Mindfulness (CBTm) is an education program designed to help you build resilience and improve your mental 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
- Gain access to good quality resources
- Learn new skills that can help improve your overall mental well-being
- To help build resilience



What will I learn about?

- The CBT model
- Mindfulness
- Goal Setting
- Healthy & Realistic Thinking
- Basics of Behaviour Therapy
- Healthy Living & Sleeping
- Anger, Assertiveness & Self Compassion
- Problem-Solving
- Managing Stress

Is CBTm right for me?

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



Option 1: Facilitator-led Classes



Classes are led by a trained clinician and are held virtually over Zoom. Sessions are 90 minutes and occur once per week for 5 weeks. The sessions include a PowerPoint presentation in lecture format. Participants will be encouraged to discuss and ask questions of the facilitator. Skills practice will be assigned weekly.

Option 2: Web-based Course

Participants will have access to a 5 class, web-based, self-guided CBTm course. The course has been created to mirror the facilitator-led CBTm classes. Each class will take approximately 90 minutes to complete. Material may be completed in a single sitting or the participant can choose to pause the session and return to it at a later time. Skills practice will be assigned at the end of each class. A new class will be available 1 week after completion of the prior class material.



Research Info

In order to determine if the CBTm programs are helpful, individuals will be asked to fill out a set of measures each class and following course completion. The measures will ask about your mental health, as well as gather feedback on the program. All information gathered is held on a secure server and data will be made anonymous.

To register for the CBTm facilitator-led classes or the web-based course, please scan the QR code below, [click here](#), or contact the CBTm Team by phone, email or fax using the numbers and email provided below.



CBTm Team Contact Info:

Tel: (204) 787-7729
Fax: (204) 789-2819
Email: cbtm@umanitoba.ca
Website: www.cbtm.ca