

Bridges Community Health Centre

Community Health and Wellness Programs

Introduction to Mindfulness-integrated Cognitive Behavioural Therapy (MiCBT)

4-week in-person workshop - Fort Erie Site

All Bridges CHC programs are open to the entire community at no cost.



Wednesday, November 6, 13, 20, 27, 2:00-4:00pm

In this four week workshop led by our Registered Social Worker you will be introduced to MiCBT and learn ways to regulate emotions in your daily life.

To register or for more information, please call 289-479-5017 ext. 0 or email info@bridgeschc.ca

Space is limited.