

*Skills for Life*

# Cognitive Behaviour Therapy with Mindfulness for Healthcare Workers

@cbtmhub

For more details:



Are you a healthcare worker who's feeling stressed and overwhelmed? If so there's good news!

The CBTm Program for Healthcare Workers, is a Manitoba-made program designed to teach skills that can help you manage your mood better and cope with high levels of worry.

Scan the QR code to learn more about this program and let us show you how to take control of your mental health, one step at a time!

