

Hello,

Starting on September 24, 2020, the Chilliwack Youth Health Centre would like to invite you to join a Cognitive Behaviour Therapy (CBT) group led by counsellors Sara Saeedi, Ally Gehon, and Josh Togeretz. This group will meet weekly on Thursdays from 3:30-5 for a 10-week period.

CBT is an evidence-based model that explores how thoughts, feelings, and actions interact and affect our daily living. It has been shown that minor adjustments in how we think or act can have major implications on how we feel, both physically and mentally. In this group, the leaders will provide a more thorough explanation of CBT, you will learn new skills and strategies for reaching your goals, and, together with a group of peers, you will get a chance to practice your new skills.

This group is for grades 9-12 and starts this Thursday (September 24, 2020) at the NLC at Chilliwack Senior Secondary School. Everyone is welcome!

Sincerely,

Sara Saeedi  
Doctoral Intern, Adler University

Ally Gehon  
Master's Intern, University of Calgary

Josh Togeretz  
Master's Intern, Yorkville University