

medicare

**Mental Health Centre
Canberra**

Introduction to CBT Group

No cost

Light refreshments
will be provided.
All participants will
receive a workbook
to keep.

This 3-week group aims to provide participants with an introduction to the Cognitive Behavioural Therapy (or CBT) model. It is not a formal treatment program however does incorporate principles and skills of CBT to introduce participants to what engaging in therapy with a health professional might be like. This group will include information on the following:



The Cognitive Behavioural Therapy Model



Analysing and Challenging
unhelpful thoughts



Healthy Coping Skills



Healthy Coping Skills



Graded Exposure



Where to get further support



Unhelpful Thinking Styles

**This group runs in the evenings of
weekdays during the school term.
To register your interest in
attending this group, please email:
hello@thinkmh.com.au or call
1800 595 212**

An assessment with our intake team is
required prior to commencing in the group.

Canberra Medicare Mental Health Centre,
Shop G7 (Ground Floor), 14 Childers Street
(At the corner of Childers and Allsop Street)
Canberra City ACT 2601.

We have a harm minimisation framework so
please do not consume drugs or alcohol prior
to attending group.

1800 595 212

hello@thinkmh.com.au

Canberra Medicare Mental Health Centre
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ACT

An Australian Government Initiative

**Capital
Health
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Partnering for better health