



CBT Skills Groups

AN EVIDENCE-BASED, MSP-FUNDED,
PHYSICIAN-LED PROGRAM

WE ENCOURAGE REFERRING PATIENTS WITH A PHQ9 SCORE OF 18 OR LESS WHO STRUGGLE WITH:

- Anxiety or depression
- Chronic medical conditions with associated mental distress
- Insomnia
- Chronic pain
- Addictions
- Eating disorders
- Hormonal disorders
- Adjustment disorders (stress causing symptoms, and/or affecting ability to function in relationships, parenting, or at work/school)
- Problems with spending, overeating, or other out-of-control behaviours
- Attention regulation problems

FORMAT: Eight Weekly 1.5–2hr Group Medical Visits

WHEN: Weekday/Evening Options

WHERE: Virtual Groups

COST: \$75 Fee (\$35 workbook + \$40 no show deposit)

WAIT TIMES: Short: up to 25 groups run simultaneously

INFO:

www.cbtskills.ca

Website includes information for physicians and patients, as well as referral forms

WHO DOES NOT FIT WELL—INDIVIDUALS WITH:

- Cluster B personality disorders
- High severity of any of the illnesses listed above
- Trauma history with high potential to destabilize
- Cognitive impairment
- Psychosis, mania, or impairing substance use
- Active suicidal ideation or behaviour
- Social anxiety that would prohibit group participation
- Individuals below 18 years of age