

# CBT

## COGNITIVE BEHAVIOR Therapy

What is CBT?

It means that how we **FEEL** is based on what we **THINK!**

AND...

We can learn and practice behaviors and new ways of thinking that

**MAKE US FEEL BETTER!!!**



We will also talk about coping skills, healthy boundaries, problem solving, and mindfulness.

Wednesday's 12:00 p.m. to 1:00 p.m.

*This is an "Open" Group*

Group facilitated by Katherine M. Campbell, LMFT (916) 485-6500

The group will be limited to the first 8 clients that arrive.

If the group is full, clients will be referred to the Club House at T-Core next door which provides a variety of supportive activities!