The online CBTm classes have been created to mirror the facilitator-led classes. The material presented each week will be the same and will be voiced by CBTm-trained clinicians from Manitoba.

The entire course will take approximately five weeks to complete, with a new class available to you one week after completing the previous class. Each class will take approximately 1.5 hours to complete, however, this will depend on the pace at which you complete the course.

Online CBTm Course

The online CBTm classes have been created to mirror the facilitator-led classes. The material presented each week will be the same and will be voiced by CBTm-trained clinicians from Manitoba. The entire course will take approximately five weeks to complete, with a new class available to you one week after completing the previous class. Each class will take approximately 1.5 hours to complete, however, this will depend on the pace at which you complete the course.

CBTm Team Contact Information:
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Research Info

In order to evaluate the CBTm programs, individuals will be asked to fill out a set of questionnaires each week throughout the course and following course completion. The questionnaires will evaluate your mental health symptoms, as well as gather feedback on the virtual format. All information will be held on secure servers and will be made anonymous.