



# Hope and Resilience

## Cognitive Behaviour Therapy with Mindfulness (CBTm)

A 6-week education program for cancer patients and support people to learn new skills to manage stress, anxiety and depression.

Online classes offer time to practice skills with the help and guidance of professional counsellors.

To inquiry about dates for the next program and to register,  
call Patient and Family Support Services  
204-787-4119 or 1-866-561-1026