



**David Denis**  
**Naturopathic Doctor**

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# Mindfulness-Based Cognitive Therapy Group

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For Depression, Anxiety, and Chronic Illness  
David Denis, Naturopathic Doctor

Mindfulness is a non-judgmental way of paying attention in the present moment. This helps us to relate differently to such conditions as Depression and Anxiety, opening us to possibilities for change and reducing our reactivity.

Cognitive Behaviour Therapy (CBT) is a treatment for Depression and Anxiety that examines the relationship between beliefs, thoughts, feelings and behaviours. CBT identifies thoughts as thoughts (rather than the facts we believe them to be) and challenges them, opening us to more constructive beliefs, leading to changes in moods and behaviours.

**Fees:** \$290.00 (includes handouts, CDs, and book).

**Dates:** Orientation **Monday** July 5 6:30pm – 8:30pm.

Sessions **Tuesdays** July 6 – Aug 17 6:30pm – 8:30pm.

Final Session **Tuesday August 31** 6:30pm – 8:30pm.

**Location:** 1466 Bathurst St, Suite 306, Toronto, ON

**Please register by phone:** 416-536-5555

**Facilitator:** David Denis, BSc, ND

*Those with extended health coverage may be covered under naturopathic services. Registration required by June 30, 2010.*