

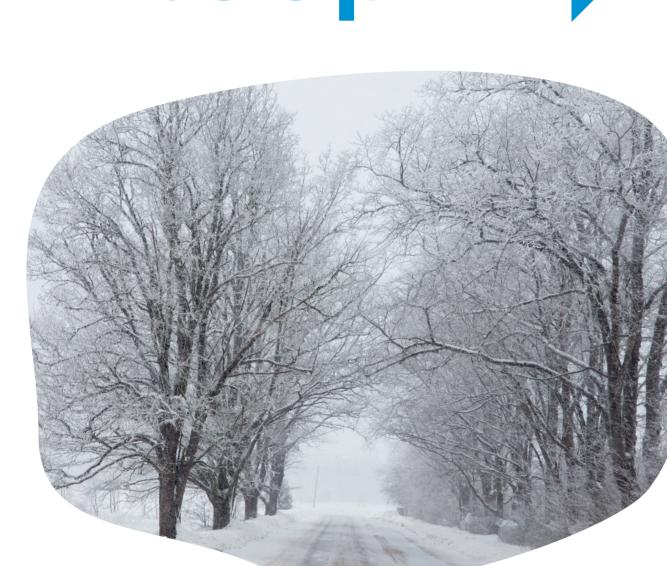




## Can CBT change your life?

Evidence based talking treatment recommended by the NHS.

Talk at 12.00pm



Winter Blues?
CBT and SAD.

Talkat

1.00m



Slow Down and Be
How mindfulness
can change your life.

Talkat

2.00pm



CBT in Scotland
How to get help
where you are.

www.nhsggc.llttf4.com



www.babcp.com



Building wellbeing skills for life



Living Life to the Full
Supported by NHS Greater Glasgow and Clyde