



Can CBT change your life?

Evidence based talking treatment recommended by the NHS.

Talk at
12.00pm



Winter Blues?

CBT and SAD.



Talk at
1.00pm



Slow Down and Be

How mindfulness can change your life.



Talk at
2.00pm



CBT in Scotland

How to get help where you are.



www.nhsggc.llt4.com



www.babcp.com



Building wellbeing skills for life

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

