



Rethinking Our Thoughts

What's more important, thinking or feeling? Both! How we think, and what we think can often make us feel better or worse. This course will help you learn about yourself and how your thoughts can affect how you feel and act – we will focus on self-awareness, perspective, thought-behavior consistency, and finding ways to use your thoughts to help you deal with everyday challenges!

Thursdays, September 26 - October 17, 2019

1 - 3 pm

SouthWest Communities Resource Centre

#42, 2580 Southland Drive, SW (Oakridge Co-op mall)

Please register online at
www.recoverycollegecalgary.ca



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