

CENTRAL BRAMPTON FAMILY HEALTH TEAM

# Upcoming Mental Health Webinars

JOIN US ON ZOOM, WEDNESDAYS FROM 1:00PM-2:00PM.  
EMAIL [INFO@CBFHT.CA](mailto:INFO@CBFHT.CA) FOR THE LINK AND PASSWORD.  
ALL ARE WELCOME!

MAY  
**08**  
1PM - 2PM  
**UNDERSTANDING  
JUDGEMENT**

MAY  
**15**  
1PM - 2PM  
**PRACTICING  
ACCEPTANCE**

MAY  
**22**  
1PM - 2PM  
**WORKING WITH  
WORRY**

MAY  
**29**  
1PM - 2PM  
**DEALING WITH  
UNCERTAINTY**

JUN  
**05**  
1PM - 2PM  
**MANAGING  
RUMINATION**

JUN  
**12**  
1PM - 2PM  
**ADAPTING TO  
CHANGE**

JUN  
**19**  
1PM - 2PM  
**THE VALUE OF  
ACTIVE LISTENING**

JUN  
**26**  
1PM - 2PM  
**SELF CARE ISN'T  
SELFISH**

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