



**MENTAL WELLNESS HUB  
PRESENTS  
NOVEMBER/DECEMBER 2025  
ONLINE COURSES  
ANY 3 FOR \$400TT**

**Introduction  
to Counselling**

**Advanced  
Counselling**

**Social Media  
and  
Attention in  
Psychology**

**Introduction to  
Narcissistic  
Personality  
Disorder**

**Payment Deadline: 10th December 2025**

**Classes Begin: 11th December 2025**

**Self Paced**

**Certificates Awarded upon Completion**

**Advanced Skills  
in Cognitive  
Behavioural  
Therapy\***

**Introduction  
to Cognitive  
Behavioural  
Therapy**

**Introduction  
to Grief  
Therapy**

**Introduction  
to Autism: A  
Guide**

**\*Must have done or will  
do Introduction to  
Cognitive Behavioural  
Therapy**

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