



**MENTAL WELLNESS HUB  
PRESENTS  
JANUARY 2026  
ONLINE COURSES  
ANY 3 FOR \$300TT**

**Introduction  
to  
Counselling**

**Advanced  
Counselling**

**Active  
Listening:  
The Basics**

**Introduction to  
Narcissistic  
Personality  
Disorder**

**Payment Deadline: 4<sup>th</sup> February 2026**

**Classes Begins as soon as you are a Confirmed Student**

**Self Paced**

**Certificates Awarded upon Completion**

**Introduction to  
Autism: A  
Guide**

**Introduction  
to Cognitive  
Behavioural  
Therapy**

**Introduction  
to Grief  
Therapy**

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

[mentalwellnesshub.org](http://mentalwellnesshub.org)  
1868-356-4569  
[renee@mentalwellnesshub.org](mailto:renee@mentalwellnesshub.org)

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