



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\*

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