

MIND MODE'S FREE WORKSHOPS



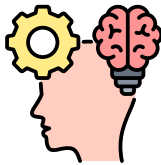
Mind Mode
Professional Psychological Services

Every 4th Thursday of the Month
12:00 - 2:00pm

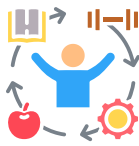
Come to any event you like, or come to ALL of them!

Workshop 1: 27th Aug 26

Overview of CBT
(Cognitive
Behavioural
Therapy)



Workshop 2: 24th Sep 26



**Behavioural
Activation:**
Making habits
work for you

Workshop 3: 22nd Oct 26

**Changing
Cognitions:**
Thinking
differently



Workshop 4: 26th Nov 26



**Values and
Committed
Action:**
Being the you,
you want to be

Workshop 5: 28th Jan 27

**Motivation
and Goal
Setting:**
Gettin' it done!



Workshop 6: 25th Feb 27



Mindfulness:
and what it
ACTUALLY is!

Workshop 7: 25th Mar 27

Self-Compassion



Workshop 8: 22nd April 27

**Defusion and
Radical Acceptance:**
How accepting can
mean letting go



Workshop 9: 27th May 27

Boundaries:
Being assertive
and following
through



Workshop 10: 24th June 27



**Healthy
Relationship
Building:**

The Gottman Sound
Relationship House

Workshop 11: 22nd July 27

**Emotional
Regulation:**
HINT: it is NOT
about not feeling



Workshop 12: 26th Aug 27



**ADHD for
Parents &
Teachers**