

Cognitive Behavioural Therapy Groups 2009



Oxfordshire Mind is running a programme of 8 week Cognitive Behavioural Therapy Groups across the county throughout 2009.



When?	What?	Where?	Time?
February 09	Self Esteem	Oxford	Evening
	Self Esteem	Bicester	Day
	Anxiety	Witney	Day



May 09	*CBT Skills for Life	Didcot	Day
	Depression	Oxford	Evening
	Anxiety	Banbury	
	CBT Skills for Life	Wallingford	Evening

'A life-changing experience.'

10-week group participant

October 09	Self Esteem	Abingdon	Day
	CBT Skills for Life	Oxford	Day
	Self Esteem	Banbury	Day
	CBT Skills for Life	Bicester	Evening
	Depression	Witney	Day
	Anxiety	Abingdon	Day



For better mental health
Charity No. 261476

*only open to those registered at Vale Consortium Surgeries

For more information or to register for a group contact:

Email: ellie.raikes@oxfordshire-mind.org.uk

Tel: **01865 263734** or **01865 263730**

Individual assessments will be held for all groups.

Exact venues & times to be confirmed shortly.

