

FREE WORKSHOP

Holland Bloorview
Kids Rehabilitation Hospital

Cognitive Behavioral Therapy (CBT) for Caregivers' Information Workshop

This workshop will provide family caregivers with information on Cognitive Behavioral Therapy (CBT) and help them determine if this is right for them. CBT is a therapy proven to make positive changes by teaching practical skills and strategies to help manage mental health. CBT is centered around thoughts, emotions and behaviors and participants work to develop coping tools and enhance resiliency.

General information will be provided and, for those interested, initial screening will take place. CBT for Caregiver sessions will be offered at Holland Bloorview in Spring 2020.

This workshop will be facilitated by clinicians from The Centre for Addiction for Mental Health (CAMH)

WORKSHOP REGISTRATION INFORMATION:

Date and time: Monday, February 3, 2020 from 6:00-8:00pm

Location: Holland Bloorview Kids Rehabilitation Hospital Conference Centre

All attendees must register in advance online at the following link:

<https://hbcareforthecaregiverworkshop.eventbrite.ca>

Last day to register for the workshop: Thursday, January 30, 2020

Playroom registration for this event is open between January 17, 2020 and January 30, 2020*

***Childcare**

*Supervised on-site childcare is available for a **limited** number of children who are 30 months old & over in our Ronald McDonald Playroom.*

- ✓ **Spaces are confirmed only after an intake call is completed over the phone**
- ✓ Please call 416-425-6220 ext. 3438 to discuss your child's needs & register for a Playroom spot
- ✓ Children under 30 months old *cannot be accommodated* in our Playroom or at events
- ✓ To enroll your child in our **Sibling Program** that runs at the same time as our workshops, please email siblingsupport@hollandbloorview.ca

If you require accommodations or have questions, please contact Meghan Toswell, Family Support Specialist at mtoswell@hollandbloorview.ca or 416-425-6220 ext. 3106

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Holland Bloorview Kids Rehabilitation Hospital
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A teaching hospital fully affiliated with the University of Toronto

