



Mindfulness-Based Cognitive Therapy Group

A clinical group for men and women who struggle with depression or anxiety.

We will focus on:

- Automatic Pilot/Automatic Thoughts
- Dealing with Barriers
- Mindfulness of Breath
- Staying Present
- Challenging Inaccurate Thoughts
- Self-care
- Relapse Prevention

When:

Wednesdays, 1:00-2:30 PM, for 8 weeks

Where:

The Community Health Centers of Burlington
617 Riverside Avenue
Camel's Hump Conference Room

For more information, contact Leah Oklan, LICSW at 802-540-8270 or ask to see a social worker when you are here for your medical visit.

This is a clinical group for CHCB patients. We bill insurance and accept Medicaid and Medicare. We also offer a Sliding-Fee Scale for those without insurance. The charge per session is \$73.



Behavioral Health
Services



www.chcb.org