

For more details:



# Cognitive Behaviour Therapy with Mindfulness **for Physicians and Medical Learners**

*Feeling stressed or overwhelmed?*  
In a demanding profession, your well-being matters  
and we can help.

**CBTm for Physicians and Medical Learners** is a Manitoba-made program designed to teach skills that can help you manage your mood and cope with high levels of stress.

Other benefits:

- Earn 7.5 professional development credits (Royal College / Mainpro+)
- Connect with peers in a supportive environment (Zoom classes)
- Learn skills to apply CBT and mindfulness in patient care

Choose the format that best fits your schedule and learning style:

- **Facilitator-led Zoom-based classes:** five 90-minute virtual classes.  
Next series: Tuesdays starting January 13, 2026 from 6:00 - 7:30 PM
- **CBTm Web-based Course:** five modules mirroring the live classes.  
Offers more scheduling flexibility and can be started anytime.

Scan the QR code or go to  
[www.cbtm.ca](http://www.cbtm.ca) to learn more.

