



# REWIRE & REGULATE

## SHIFT YOUR THOUGHTS. SOOTHE YOUR SYSTEM

### A CBT SKILLS GROUP FOR TEENS & ADULTS

**Facilitated by Shanthi Bala, RP**

**September 2025**

This 8-week Cognitive Behavioural Therapy (CBT) group supports students aged 14+ and adults in developing practical tools for managing anxiety, low mood, and emotional dysregulation. Grounded in evidence-based CBT strategies, this group is ideal for clients seeking a structured approach to better understand and shift unhelpful thoughts, behaviours, and emotions.

**Start Date: Tuesday, Sept 25<sup>th</sup> at 7pm (EST)**

**Recurrence: Weekly for 8 weeks**

**Cost: \$60/session**

#### **Who is it for?**

- Teens (14+) and adults
- Ideal for individuals experiencing anxiety, overwhelm, negative thinking, or low self-esteem
- Appropriate for clients new to therapy or seeking to deepen existing coping skills

#### **Format & What's Included:**

- Online (secure video platform)
- Weekly 1-hour sessions
- 6-8 participants (4 minimum required to run)
- Emailed resources and worksheets provided weekly



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### Topics Covered:

- 🔍 Recognize and Rewire Negative Thought Patterns
- 💡 Boost Motivation Through Mind-Body Activation
- 🧠 Build Emotional Awareness and Nervous System Insight
- 🗣️ Strengthen Assertive Communication and Set Boundaries Without Guilt
- ⚖️ Develop Balanced, Realistic Thinking to Reduce Anxiety and Self-Criticism
- 🫁 Learn Simple, Science-Based Regulation Techniques to Feel Calm and Safe

### What to Expect:

All participants will be scheduled for a brief pre-group meeting with our facilitator to ensure clinical fit and readiness for the group format.

### Interested in joining or referring a client?

Contact us at:

✉️ [info@onlinetherapycentre.com](mailto:info@onlinetherapycentre.com)

📞 416-275-3139

🌐 [www.onlinetherapycentre.com](http://www.onlinetherapycentre.com)

