

# PHYSICIAN-ONLY VIRTUAL CBT SKILLS GROUP

*Now Open for Registration*

8-session courses are starting either

**Wednesday March 25**

or **Monday March 30**

*(choose your preferred day  
when registering)*



**7-9 PM**



**VIA ZOOM**

log on details  
will be  
shared after  
registration

**CME credits**

**are available**  
for those who  
attend 7 out of  
8 sessions.

The 8-week virtual course is facilitated by CBT Skills Society physicians Drs. Laura Spratt (Mondays) and Trish Snozyk (Wednesdays). The courses will be sponsored by both Divisions.

**Learn strategies that will enhance  
your capacity to:**

- Practice resiliency.
- Understand and manage unhelpful patterns of thinking, feeling and behaving – yours and your patients’.
- Choose how you respond to stressors rather than react.
- Share these pertinent and practical skills with your patients.
- Connect with your peers in an authentic and supportive way.

**CLICK TO RSVP**

To learn more, please contact Shay Edwards:  
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**Victoria**  
Division of Family Practice  
An FPSC initiative



**South Island**  
Division of Family Practice  
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