

Booking through zoom <https://rb.gy/d7c8wh>

CBT Skills for Teenagers

(P/PP/SNAs)

Tuesday 12th & 19th March @ 7.00-8.00pm

This presentation will focus on CBT techniques that can be used to help teenagers discover and change unhelpful thinking patterns. Participants will explore the developing adolescent brain and ways teenagers can be supported during this time through using CBT techniques.



Tutor: Nicola Culloty

