



Loving What IS

The cognitive therapy group called *Loving What Is*, is a series of group sessions that help people identify and question the thoughts that cause suffering in the world. It provides ways to find peace with yourself and with others. It questions the beliefs that cause us distress.

This approach is consistent with leading-edge research in cognitive psychology and has been compared to the Socratic dialogue, Buddhist teachings, and 12-Step programs.

Interested in learning more?

Contact CMHA Kenora Branch at 1-807-468-1838 or office@cmhak.on.ca.



Canadian Mental
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Mental health for all