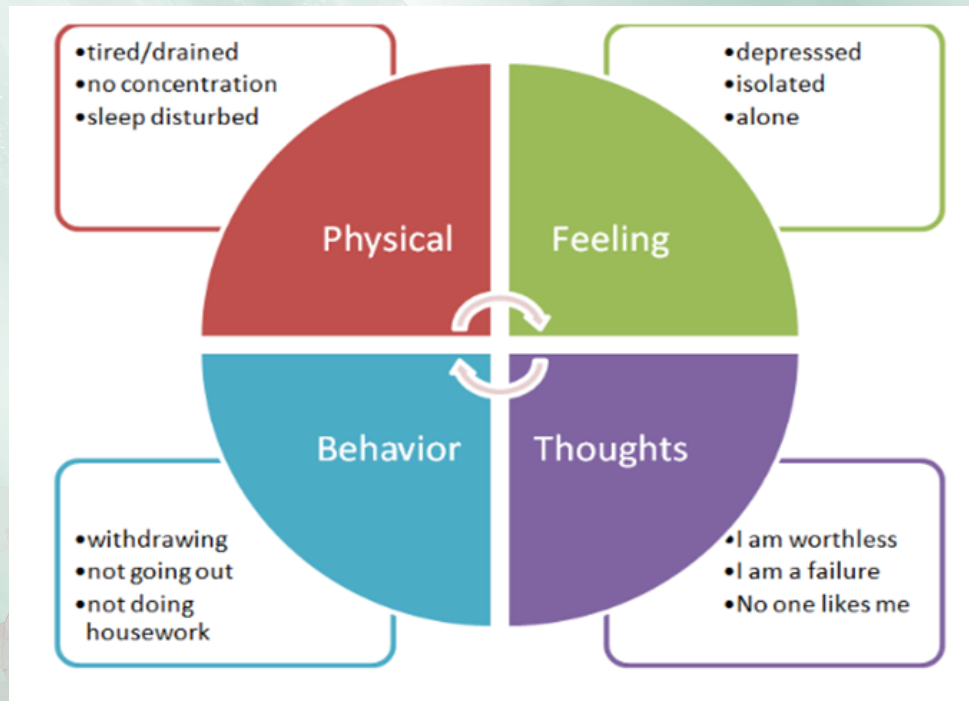


# Cognitive Behavioral (CBT) Therapy Group

Can it change our view of life?

Do you relate to any of these?



CBT explores the relationships between physical sensations, feelings, thoughts, and behaviors in order to create change.

Scan for more information about  
Counseling Center Services:

If you're new to the  
Counseling Center, call  
(716) 878-4436 to schedule  
an initial appointment and  
ask the counselor about  
Cognitive Behavioral  
Therapy Group

