

Mind
Beacon



The Calgary Military Families Resource Centre, through the generous funding of True Patriot Love, is providing the Guided CBT Program free of charge.

If you are not feeling like yourself, MindBeacon's Guided CBT Program can help you cope with:

- Chronic Pain
- Stress
- Insomnia
- PTSD
- Health Anxiety
- Depression
- Managing Alcohol
- And much more

Is MindBeacon right for me?

MindBeacon's Guided CBT Program suits individuals who:

- Don't want to schedule appointments, and need therapy that is easier to plug into their busy calendar.
- Prefer communications to take place via secure text-based messages, rather than face-to-face conversations.
- Want to access their program anywhere and anytime.
- Are 16 years of age or older.
- Comfortable reading and writing in English or French
- Able to access a smartphone, tablet, or computer

How do I interact with my Therapist?

With the [MindBeacon Guided CBT Program](#), you work with a dedicated licensed therapist who understands your particular needs and creates a program that fits you.

They'll create a personalized set of readings and activities that will help you develop the skills needed to feel better. As you work through the program, your therapist is always by your side – there to review your progress, provide encouragement and new perspectives to consider.

And there's no waiting for appointments. If something comes to mind, send your therapist a secure message as you think about it - day or night. They'll respond within one to two business days.

MindBeacon's Guided CBT Program can show you how to better deal with issues that get in the way of you living a happier, more balanced life.

MindBeacon is not for people in crisis. If you believe you need immediate psychological assistance, contact your family doctor or call 911.

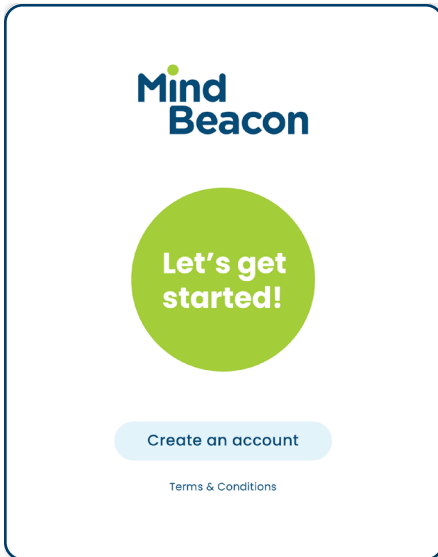
How are you feeling?

→ **MindBeacon's Guided CBT Program is here for you.**

How does it work?

The Calgary MFRC coordinator will sign you up. You will receive a link in your email and then you can begin!

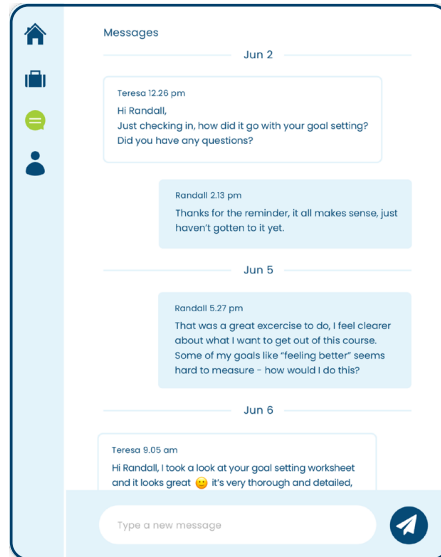
1



Create an account and get started right away

Tell us about yourself, your feelings and your situation, so your therapist can understand you better.

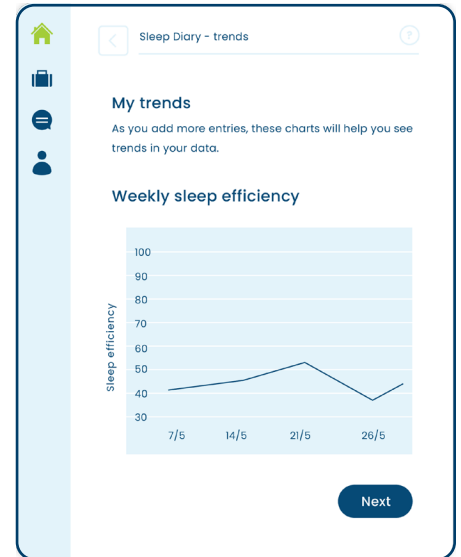
2



Your therapist creates a plan designed just for you

Through secure direct messages, readings and activities, your therapist will help you develop the skills you need to thrive.

3



Complete your personalized program in 6 to 12 weeks

Work one-on-one with your dedicated therapist for up to 12 weeks and access your resources for up to one year.



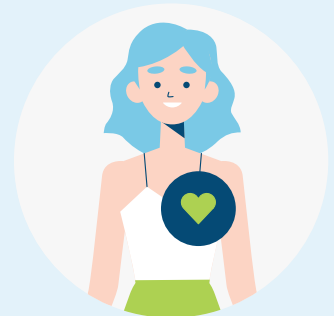
100+

Canadians start our therapy everyday



92%

Learned new skills that helped them feel better



89%

Happy with their therapist's support

Contact your Calgary MFRC Coordinator or Social Worker to sign you up for mental health therapy that supports your life long journey to better mental health.