NHS | Barnet Talking Therapies

MINDFULNESS-BASED CBT GROUP

Practical skills for managing stress, anxiety and everyday challenges



- Reduce stress and worry
- Improve focus and concentration
- Improve emotional regulation
- Build resilience
- Feel calmer in daily life

GROUP DETAILS

Starts	**29 September 2026**
Time	Tuesdays • 4:30–6:30 pm
Venue	Everglade GP Practice
Duration	8 weekly sessions
Delivered by	Barnet Talking Therapies

SELF-REFER HERE

Scan to self-refer

Is this group for you?

This course teaches practical mindfulness and CBT skills that can help you respond differently to difficult thoughts and emotions.
Between sessions you'll have opportunities to practise techniques that you can use in everyday life.

BOOK AN ASSESSMENT

Call us on: **020 8702 5309**

Email us at: **nlft.barnettalkingtherapies@nhs.net**

Visit our website: **www.barnetandenfieldtalkingtherapies.nhs.uk**

Helping you improve your wellbeing with free NHS psychological therapies.