



FREE, EVIDENCE-BASED, SELF-GUIDED, ONLINE
WELLBEING COURSE

**For spouses or significant others
of public safety personnel**

Learn skills from cognitive behavioural therapy to manage symptoms of low mood, depression, anxiety, worry, or PTSD and help us evaluate the course.

[CLICK HERE TO LEARN MORE](#)

To participate, email: pspnetfamilies@uregina.ca

Research on this course has been approved by the University of Regina Research Ethics Board

