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| **Your referral for Mental Wellness & Resilience has been received by the womenMD clinic…** * Our current wait time for a Mental Health & Resilience consultation is 2-3 months, the consultation will be by phone.
* An email with intake forms will be sent to the email address that was provided to us on your referral form. Please set aside enough time to fill out the forms from start to finish, approximately 30 minutes, once completed the forms will auto populate back into your chart. (You will be prompted to enter your birthdate to open the e-forms, if you are unable to access the forms, please give our clinic a call to confirm that we have the correct date of birth on file).
* womenMD is pleased to offer a variety of Mental Wellness and Resilience Programs:
	+ Cognitive Behavioural Therapy (CBT)
	+ CBT for Insomnia
	+ Self-Compassion
	+ Mindfulness-Based Stress Reduction
	+ Mindfulness-Based Cognitive Therapy
	+ Mindful Eating
* Please refer to the “Programs” and “Program Booking” sections on our website to find out the details regarding each program, you will also find the start dates and times located on our “Program Booking Site” where you can register. *Please give the office a call if you register for one of our programs as your phone consultation will be expediated prior to the program start date.*
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