

BRIEF ACTION PLANNING



Free online training led by certified healthcare providers to support patient behaviour change.

The emphasis is on the value of problem-solving, goal setting, creating goal-directed behaviour.

You must register for 2 mandatory steps.

Step
1

BAP Training

Thursday, Oct 1 and Oct 8

9:00 am– 12:00

Step
2

Practice Session

Thursday Oct 15

**Select an one-hour time slot
between 9:00 a.m. and 12:00 p.m**

Location: Online

Registrants will receive an email with details

Use this link to register:

<https://selfmanagementtc.ca/workshops/brief-action-planning-6/>

FOR MORE INFORMATION



416-572-3767 ext. 2241



ChooseHealthTC@srhc.com

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Self-Management Program Ontario



CCMI

