

## **SIMPLE**

- Structured
- integrally informed and
- Mindful
- Psychotherapy that's
- Learned
- Easily

Mondays from 5pm – 7pm

Thursdays from 10am – 12pm

### **Co-Leaders:**

- Dr. Luis Cleto( Mon.+Thurs.) Psychiatrist
- Lauren Gienow (Mon.) SFHT Mental Health Navigator
- Mindy Gough (Mon.) CMHA Case Manager
- Cynthia Miller (Thurs.) CMHA Case Manager
- Paula Niven (Thurs.) CMHA Case Manager
- Brent Meyers (Mon.) MSW Student and CMHA Case Manager
- Stewart Dow (Mon.) BSW Student
- Erica Cleto (Mon.) 2<sup>nd</sup> year family practice resident

### **Course Email:**

Course e-mail [itssimple2021@gmail.com](mailto:itssimple2021@gmail.com)