

Transform Your Lifestyle

CBT WORKSHOP SERIES

Join Neuropsychologist Tammy Ouellette, Psy.D. and Board Certified Health and Wellness Coach Kaylea Philobos, M.S., NBC-HWC for a 10-week workshop series combining cognitive behavioral techniques and health coaching to support your mental health, promote longevity, and build daily habits that support weight management. With your personalized participant workbook and weekly group sessions, you'll reflect, journal, and practice strategies to build habits aligned with your values and create sustainable lifestyle changes.

Workshop Highlights

- Learn cognitive behavioral tools to reframe thoughts and break unhelpful patterns
- Explore mind-body connections that influence food, activity, and lifestyle choices
- Participate in guided group discussions to boost accountability and confidence
- Receive practical exercises to support lasting change
- Foster community with like-minded participants in a supportive environment

Format:

- 10-Week Series
- Weekly Group Sessions (Thursdays 6:00-7:00PM PST)
- Combination of weekly journaling, brief lessons and open discussion

Cost:

\$30 per session (Insurance coverage may be available)

Location:

Virtual (ZOOM)



Tammy Ouellette, Psy.D.



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REGISTER HERE FOR OUR NEXT SERIES BEGINNING FEBRUARY 5TH 2026:
[HTTPS://L.BTTR.TO/HSWHP](https://l.bttr.to/HSWHP) OR CALL US TO REGISTER.