



Find relief from
hot flashes and
night sweats.

Cognitive Behavioural Therapy (CBT) for Vasomotor Symptoms (VMS) of Menopause

Cognitive behavioural therapy (CBT) is an evidence-based intervention to help improve hot flashes and night sweats associated with menopause. It is especially helpful for patients who are unable to take hormone replacement therapy (HRT) or who receive only partial relief from HRT.

ABOUT THE PROGRAM

- **8 week**, physician-led group psychotherapy
- Offered **virtually** across British Columbia
- **Free** to all BC residents with MSP coverage and physician/NP referral

Visit **CBTVMS.ca** for more info + referral form