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The Change Toolbox

Techniques to Help Cultivate
Lasting Personal Change

A set of tools to help people work on addictions or any other challenging behaviours.

This 181 page "Toolbox", sent to you on a CD, is based on the Stages of Change model and will be useful for mental health or addictions workers, social workers, therapists or those helping themselves.

Order Form Attached

Cost: \$24.99/CD



CANADIAN MENTAL
HEALTH ASSOCIATION
Winnipeg Region



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