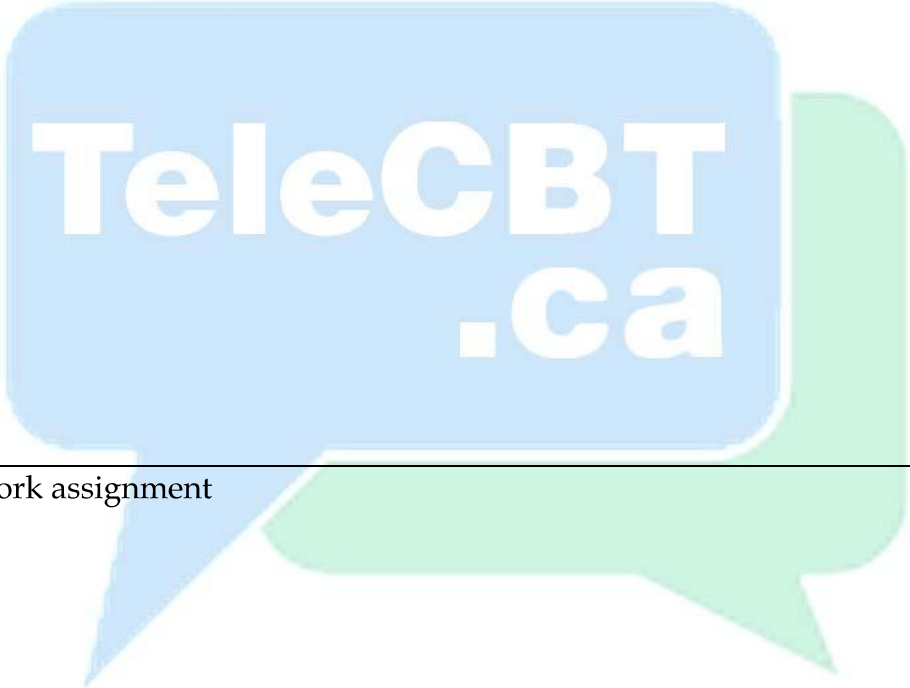


COGNITIVE THERAPY NOTEPAD

Session #	Date of session
Session agenda	
Session notes	
 The logo for TeleCBT.ca features the text "TeleCBT" in a large, bold, white sans-serif font, with ".ca" in a smaller font below it. The text is centered within a light blue speech bubble with rounded corners and a white drop shadow. Behind this bubble is a larger, semi-transparent light green speech bubble, also with rounded corners and a drop shadow, pointing towards the bottom right.	
Homework assignment	
Topics for next session's agenda	
Date of next session	