

Cognitive Behavioral Therapy Group - for Anxiety and Depression -

7 week group using the concepts of CBT (one of today's most effective forms of psychotherapy) to help understand and manage the symptoms of anxiety and depression

Learn to identify, question and change the thoughts, attitudes and beliefs that lead to difficult reactions and behaviors

Discover simple yet powerful steps you can take to overcome emotional distress and feel happier.

For Who

Individuals over the age of 18 years old suffering from symptoms of low mood/anxiety/frequent worrying/ruminating thoughts

When

7 - week series starting September 24 – November 5, 2019

Tuesdays

1:00PM – 3:00PM

Where

Erin Clinic: 6 Thompson Cres., Unit 1

This is a FREE multi-week series

Sessions facilitated by Mental Health Therapists at East Wellington Family Health Team

You must pre-register.

Please call 519-833-7576 ext. 367