

## Cognitive Behavioral Therapy Group - for Anxiety and Depression -

6 week process 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

6 - week series starting February 19 and 20, 2019

Tuesdays

Wednesdays

1:00PM – 3:00PM

4:30PM – 6:30PM

\*Depending on need

### 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 Sanjeet at 519-833-7576 ext. 342**