



Primary Health Care

# Bouncing Back from Anxiety & Depression

Wednesday at 1:15pm — Begins June 22



Cognitive Behavioural Therapy (CBT) 8 week adult group,  
focused on psychoeducation, support, tools to help cope

- WHAT:**
- Learn what fuels your depression and anxiety
  - Discover practical coping tools and strategies
  - Receive peer support, learn self-management skills

**WHEN:** Wednesdays from 1:15—2:45 pm  
June 22, 2022 - August 10, 2022

**WHERE:** Virtual

**ADVANCE REGISTRATION REQUIRED**

For more information or to register, please call **613-962-0000**  
Or contact Rebecca Bates **613-539-9923**

*Please Note:*

*This program is being offered with appropriate safety precautions due to COVID-19.*



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