



Bouncing Back from Anxiety & Depression

Thursdays at 1:30 pm— Begins in May



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: Thursdays from 1:30—3:30 pm
May 19, 2022 - July 7, 2022

WHERE: 69 Catherine Street, Trenton *Virtual Option

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call **613-965-0698**

Please Note:

*This program is being offered with appropriate safety precautions due to COVID-19.
Group programs may be cancelled with short notice due to COVID-19.*



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