



# Bouncing Back from Anxiety & Depression



**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:** Tuesday from 10:00—12:00 pm  
November 1, 2022 - December 20, 2022

**WHERE:** 69 Catherine Street, Trenton and Virtually via Zoom

**ADVANCE REGISTRATION REQUIRED**

**For more information or to register, please call [613-965-0698](tel: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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