



# Bouncing Back from Anxiety & Depression

Tuesdays at 10:00 am

**YOUR  
MENTAL  
HEALTH  
MATTERS**



**BE KIND  
TO YOUR  
MIND**

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:**

Tuesdays from 10:00—12:00 pm In person AND virtual  
April 4—May 23, 2023

**WHERE:**

Unit 1—161 Bridge Street West, Belleville

**ADVANCE REGISTRATION REQUIRED**

For more information or to register, please call **613-962-0000**

*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.*



Like us on Facebook!



Follow us on Instagram!

Website: [www.bqwchc.com](http://www.bqwchc.com)