



Bouncing Back from Anxiety & Depression

Thursdays 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:

Thursdays from 10:00—12:00 pm In person AND virtual
January 19—March 9, 2023

WHERE:

Youth Room at 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.*



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