



Bouncing Back from Anxiety & Depression

Wednesdays at 1:30 pm



**YOUR
MENTAL
HEALTH
MATTERS**

**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 1:30—3:30 pm In person
January 18—March 8, 2023

WHERE: 69 Catherine Street, Trenton

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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