

Bounce Back From Anxiety & Depression

An 8-Week CBT Skills Group

Feeling stuck in anxiety or low mood? You're not alone and you don't have to navigate it by yourself.

Join our **8-week, skills-based CBT** group to learn practical tools for managing anxiety and depression in a supportive, down-to-earth environment. Registration is **required** and participants must attend all sessions.

Trenton

69 Catherine Street

Starts April 15th, 2026

at

1:00pm-3:00pm

REGISTRATION ONLY

Scan the QR code or register at:
<http://tiny.cc/bouncebackfrom>
Light Refreshments Provided!



Questions?
Contact Tiffany
613-965-0698



SCAN HERE