



Our **wellness workshop** sessions are intended to provide education and resources for adults 18 years of age and older. Attendees are welcome to join the topics that are of interest to them. Workshops are offered online and in person. *You can sign up online on our website.*

Below is a list of workshop topics that we offer:

- Depression
- Anxiety
- Stress
- Healthy Relationships
- Grief: Bereavement/loss
- Trauma
- Self-esteem
- Distress tolerance/emotion regulation
- Self-compassion
- Improving Sleep
- Mindfulness techniques
- Medication for anxiety and depression



905-453-1453
www.queensquarehealth.ca
 @queensquarefht



**36 Vodden Street East,
 Brampton, ON, L6V 4H4**



**Scan for
 more info
 on our
 wellness
 workshops**



Community Mental Health Program

Our **Community Mental Health Team** offers group psychotherapy for adults with anxiety and depression. We also offer educational workshops on various topics to help with overall health and wellness.

www.queensquarehealth.ca



Anxiety and Depression Group

Our 8-week **Anxiety and Depression Group** is for adults who would like to gain skills in mood management. We use a Cognitive Behavioural Therapy (CBT) model for understanding anxiety and depression. Over the course of 8 weeks, participants will learn about anxiety and depression, as well as skills and strategies to cope with symptoms. *We offer in person and online groups.*



Alumni Group

If you completed our Anxiety and Depression group, you're welcome to join our alumni sessions! Our **Alumni Group** is a space for participants who completed the program to re-connect and share how they've been doing post-group. These sessions are held once a month and are online through Zoom. *Please visit our website to register.*

24/7 Crises Support Peel: If you are experiencing a crisis and feel you need immediate support, please call the CMHA Crisis Line at **(905) 278-9036** or **1 (888) 811-2222** if you are in the Caledon area.

If you are experiencing an emergency, please **call 911** or go to your nearest emergency department or local hospital.



Cognitive Behavioural Therapy (CBT)

Our MH team of therapists are trained in CBT. CBT is a structured, time-limited, and goal-oriented form of evidence-based psychotherapy. CBT is offered for the treatment of depression and a wide variety of anxiety concerns, including post-traumatic stress.

It can assist people in developing skills and strategies for becoming and staying mentally healthy. CBT helps people to examine how they make sense of what is happening around them and how these perceptions affect the way they feel and behave.

Our CBT group for anxiety and depression is open to anyone in the community. A physician referral is required.

For a physician referral, scan here



OSP - Ontario Structured Psychotherapy Program

In collaboration with **CarePoint Health**, Queen Square Family Health Team offers **individual psychotherapy** for adults through the provincially funded Ontario Structured Psychotherapy Program. Free and Convenient Access.

Adults in Ontario with depression and anxiety can access free, short term, cognitive behavioural therapy and related services. To access the program you must be 18 yrs old + and live in Ontario.

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