

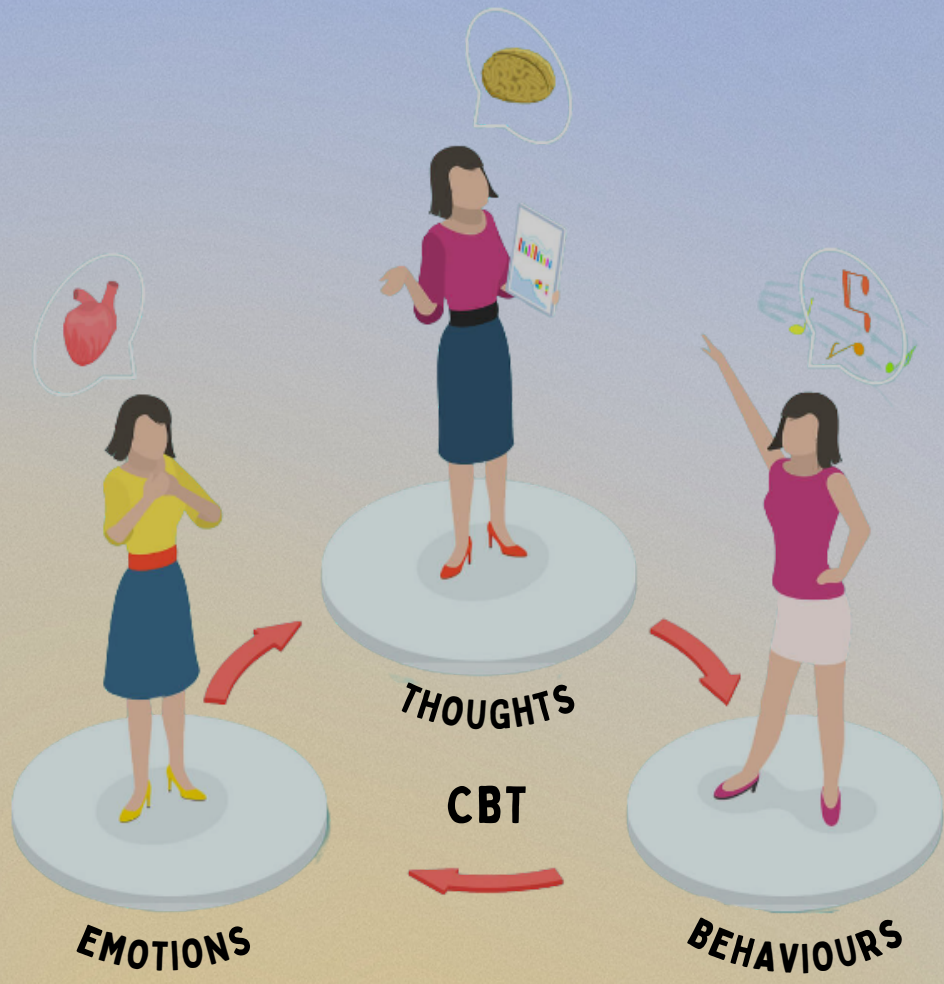


**COMMUNITY
MENTAL HEALTH
PROGRAM**

DEPRESSION

&

ANXIETY GROUP



An 8-week program that meets weekly for two hours to help you manage symptoms using Cognitive Behavioral Therapy techniques

This program is facilitated by two clinical social workers/mental health therapists

This program is open to anyone 18+ in the community

A physician referral is necessary to attend

Virtual or In-person groups available



Scan here for the referral form



**and fax it to
(905) 494-6757**