

““The Core Program” for Depression, Anxiety and Bipolar Disorder

(Developed by The Changeways Clinic)

When: Starting Friday, April 8, 2016 @ 9:30 am
to 11:30 am

This group will run for 10 weeks

(please note that the last class is scheduled for June 10th, 2016)

Where: Community Health Centre
70 Murphy St.
Trenton

Facilitators:

Jessica Vader and Tammy Orr

Mental Health Counsellors

Addictions and Mental Health Services HPE

We would like to have approx. 10 participants in the group and will take referrals for more than that in case some are not able to make it when we contact them. Participants need to be aware that this is a psycho-educational group. Although some support is provided it is more about providing information and skill development. Participants must have a counsellor outside of the group. Participants need to commit to the time of attending group and no more than two sessions can be missed. A commitment to completing homework and goal setting is essential to receiving the most benefit from this group.

Please call Jessie @ 613-394-1655 X 1 for more information or to make a referral to this group.