

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

(Developed by The Changeways Clinic)

When: Starting Wednesday, Sept. 28, 2016  
from 2:00 to 4:00 pm.

This group will run for 10 weeks

(please note that the last class is scheduled for either November 30<sup>th</sup> or December 7, 2016  
depending on space)

Where: Addictions and Mental Health Services  
3 Applewood Drive  
Boardroom in the basement

Facilitators:

Daniela Langer 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 Tammy @ 613-394-1655 X 305 for more information  
or to make a referral to this group.**



ADDICTIONS AND MENTAL HEALTH SERVICES  
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