



PEP

People for Equal
Partnership In
Mental Health

Pour l'égalité
des partenariats
en santé mentale

COGNITIVE BEHAVIOURAL THERAPY PEER SUPPORT GROUP

8 WEEKS SESSION

- + Behaviour Activation**
- + Anxiety and Depression**
- + Thinking and Feeling**
- + Thought Records**
- + Assertiveness**
- + Gratitude**
- + Peer Support**

Join us every Tuesday beginning January 15th, 2019

2:00 to 4:00 p.m.

351 Ferguson Street, 3rd Floor

Registration is required!

Please contact Donnalyn at 705-494-4774 ext. 222 for more information.