



**PEP**

People for Equal  
Partnership In  
Mental Health

Pour l'égalité  
des partenariats  
en santé mentale

# **COGNITIVE BEHAVIOURAL THERAPY**

## **PEER SUPPORT GROUP**

### **8 WEEK INACTIVE SESSION**

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

**Join us every Tuesday beginning May 22<sup>nd</sup>**

**2:00 to 4:00 p.m.**

**351 Ferguson Street, 3rd Floor**

**Registration is required!**

**Please contact Arif at 705-494-4774 ext. 225 for more information.**