



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 September 4th

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.