



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**
- ⇒ **Compassion**
- ⇒ **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 or Arif at 705-494-4774 for more information.