



PEP

People for Equal
Partnership In
Mental Health

Pour l'égalité
des partenariats
en santé mentale

PEER DIRECTED COGNITIVE BEHAVIOURAL THERAPY

10 WEEKS SESSION

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

**Join us every Tuesday beginning January 07th 2020
(From January 07– March 10, 2020)**

2:00 to 4:00 p.m.

351 Ferguson Street, 2nd Floor

Registration is required!

**For further information Please contact Michelle at 705-494-4774 ext. 221
or**

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