



Understanding and Coping with Anxiety and Depression

Facilitated by: Evelyn Bowering, MSW
Erin Desmarais, MSW

This free, six-week self-management program addresses a wide variety of topics, including:

WEEK ONE:

Understanding Anxiety and Depression

What are they?

What causes them?

What can you do about them?

Medications to treat them

WEEK TWO:

Self-Management Skills:

Reactivating your Life

WEEK THREE:

Self-Management Skills:

Thinking Realistically

WEEK FOUR:

Self-Management Skills:

Nurturing Self-Esteem and Resilience

WEEK FIVE:

Self-Management Skills: Solving Problems

WEEK SIX:

Lifestyle: Developing Health

and Wellness/Relapse Prevention

TUESDAYS:

September 12 – October 17, 2017

1:30 p.m. to 3:30 p.m.

Queen's Family Health Team
115 Clarence St. (Haynes Hall)
(Basement Boardroom)

Open to the Kingston community.

To register, please call Michelle at
613-533-9300, Ext. 73913.