



Understanding and Coping with Anxiety and Depression

Facilitated by Erin Desmarais, MSW
and Jessica Waller, MSW

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

WEEK ONE:

- Introduction to Cognitive Behavioural Therapy
- What is Anxiety and Depression?
- What is the Focus of the Program?
- Is this Program Right for You?

WEEK TWO:

- Treatment Options for Anxiety and Depression
- Medications: Visit from our Pharmacist, Setting SMART Goals

WEEK THREE:

- Behavioural Activation: Increasing Activity Levels
- Facing Your Fears

WEEK FOUR:

- Thinking Realistically: Thought Catching

WEEK FIVE:

- Thinking Realistically: Thought Challenging

WEEK SIX:

- Introduction to Coping Strategies
- Problem Solving

WEEK SEVEN:

- Putting it all Together
- Creating a Wellbeing Blueprint

**TUESDAYS: 2 p.m. to 4 p.m.
October 29 - December 10, 2019**

Queen's Family Health Team
115 Clarence St. (Haynes Hall)
(Seminar Room, Main Floor)

Open to the Kingston community.

To register, please call:
613-533-9300, Ext. 73976.