



# Understanding and Coping with Anxiety and Depression

Facilitated by Erin Desmarais, MSW  
Jessica Waller, MSW, RSW

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 & 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:

May 14 - June 25, 2019  
2 p.m. to 4 p.m.

OR

## THURSDAYS:

May 16 - June 27, 2019  
5 p.m. to 7 p.m.

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

Open to the Kingston community.

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