

Understanding and Coping with Anxiety and Depression

Facilitated by Erin Desmarais, MSW
and Jessica Waller, MSW

This free, five-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:

- Behavioural Activation
- Increasing Activity Levels
- SMART Goals
- Facing Your Fears

WEEK THREE:

- Cognitive Strategies
- Catching and Challenging Negative Thoughts
- Alternative Thoughts

WEEK FOUR:

- Role of Medication
- Problem Solving
- Sleep Hygiene
- Relapse Prevention

WEEK FIVE:

- Other coping strategies

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

TUESDAYS:
2 p.m. to 4 p.m.
May 30-June 27, 2023

Open to the Kingston community.

To register, please email:
DFM-AnxietyDeprGroup@queensu.ca