



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. – 4 p.m.

February 11 – March 31, 2020

(No group on Tuesday, March 17.)

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

Open to the Kingston community.
(Referral required for non-QFHT patients.)

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