



# Mental Health Groups

## Anxiety Management

A **single session** group designed to help you understand anxiety, develop coping skills, understand how to thought stop and learn how to keep calm.

January 8, February 5, March 16, 2020 5:30 pm

## Stress and Mindfulness

Does your mind go over and over stressful thoughts? Join us for a **single session** group to learn how to increase enjoyment and effectively quiet the mind.

January 20, March 4, April 1, 2020 5:30 pm

## Finding Function in Depression

Depression often makes it difficult to manage or participate in daily activities. This **single session** group is designed to provide practical strategies and skills to get back to activities that matter to you and improve your health and wellbeing.

January 28, February 25, March 24, 2020 2:30 pm

Take a Picture...  
Come to Group...  
We can Help...



Each Group  
Runs Monthly!  
Free Parking!  
On a Bus  
Route!



Two Rivers Family Health Team  
The Annex  
B15-350 Conestoga Blvd.  
Cambridge, Ontario

**Single Session** groups are offered monthly. Registration is not required. Join us to help get back to the activities that matter to you!

For More Information Please Call 519-740-5010 x8