

Overcoming Depression Therapy Group



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Tuesdays: 1:00—3:00 PM

Starts: Tuesday, May 1, to May 29, 2018

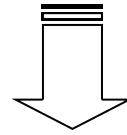
(5 weeks)

This is a 5 week program facilitated by the Registered Social Workers for adults over 18, struggling with depression.

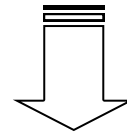
Ask Your Physician for a Referral Today!

Group members are pre-screened to ensure commitment and suitability for group setting. Participants can expect to learn coping skills and strategies for dealing with Depression. The group setting fosters the additional benefit of members recognizing strength in one another.

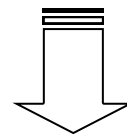
Challenge Your THOUGHTS



Correct Your ACTIONS



Change Your EMOTIONS



Transform Your LIFE



Rapids

Family Health Team

1150 Pontiac Dr., Sarnia

519-339-8949

Physician Referral Required.

Ask your physician to:

Use the Rapids Family Health Team Referral Form



Group Session

Depression Therapy Group

Fax to: 519-491-2371