



Primary Health Care



Belleville and Quinte West Community Health Centre



Napanee Area Community Health Centre  
A part of Kingston Community Health Centres (KCHC)

# Bouncing Back from Anxiety & Depression

Fridays at 10:00 am

**YOUR MENTAL HEALTH MATTERS**



**BE KIND TO YOUR MIND**

**Cognitive Behavioural Therapy (CBT) 8 week adult group, focused on psychoeducation, support, tools to help cope**

**WHAT:**

- Learn what fuels your depression and anxiety
- Discover practical coping tools and strategies
- Receive peer support, learn self-management skills

**WHEN:**

Fridays from 10:00am-11:30am In person AND virtual  
October 20th—December 8th, 2023

**WHERE:**

69 Catherine Street, Quinte West

**ADVANCE REGISTRATION REQUIRED**

For more information or to register, please call **613-965-0698**

*Please Note:*

*This program is being offered with appropriate safety precautions due to COVID-19. Group programs may be cancelled with short notice due to COVID-19.*



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