



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

Wednesdays at 10:30 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:**

Wednesdays from 10:30—12:00 pm In person AND virtual  
September 20 —November 8, 2023

**WHERE:**

Unit 1—161 Bridge Street West, Belleville

**ADVANCE REGISTRATION REQUIRED**

For more information or to register, please call **613-962-0000**

*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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