



Primary Health Care



Belleville and Quinte West Community Health Centre



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

Bouncing Back from Anxiety & Depression

Starting in January 2024

YOUR MENTAL HEALTH MATTERS



BE KIND TO YOUR MIND

Cognitive Behavioural Therapy (CBT) 10 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: Tuesday January 16— Tuesday March 19, 2024 2:15-3:45PM
offered In Person AND Virtually

WHERE: Belleville and Quinte West Community Health Centre

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.



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Website: www.bqwchc.com