

Depression and Anxiety Group Therapy Programs

Our 8 week group sessions provide a setting where you can increase your understanding of depression/anxiety and learn and practice practical and effective techniques for managing your depression or anxiety. Therapy follows the cognitive-behavioural therapy (CBT) model.

Each group meets weekly for 8 weeks, and has 1 additional follow-up session four weeks following the final session. Cost for either program is \$200 for the full 9 sessions. Coverage may be available through your extended health benefits plan.

Groups are facilitated by Catherine Migliore Hart, MSW, a Registered Social Worker who specializes in the treatment of anxiety, depression, and trauma.

CBT for Depression: **CBT for Anxiety:**

Mondays, 7:00-9:00 pm
(starts June 6, 2011)

or

Wednesdays, 2:00-4:00 pm
(starts June 8, 2011)

Thursdays, 2:00-4:00 pm
(starts June 9, 2011)

or

Saturdays, 10:00am-12:00pm
(starts June 4, 2011)

To register, contact:

Catherine Migliore Hart, MSW, RSW
416-399-5687

All groups are held at:

6568 Main Street, 2nd Floor
Stouffville, ON