

ANXIETY AND DEPRESSION SUPPORT GROUP

**Interactive psychoeducation group for individuals
who struggle from anxiety and/or depression.**

WEDNESDAYS - 9:30 - 11:30 AM

12 WEEKS - Begins January 9, 2018

Facilitated by Stephanie McGrath, RP and Chris Harris, RN

**Ottawa Valley Family Health Team
95 Spring St. Almonte, ON K0A 1A0**

**Our groups are FREE and open to men and women of all ages.
Friendly, non-judgemental and confidential environment. Change
negative thinking, gain a healthy perspective on emotions and
learn assertiveness skills.**

Call Katelyn to reserve your spot 613-256-9370 ext 4044
