



## **CANADIAN MENTAL HEALTH ASSOCIATION, MUSKOKA-PARRY SOUND**

### **EIGHT SESSION DEPRESSION/ANXIETY GROUP**

The Depression/Anxiety group is offered in the Bracebridge office on Wednesday afternoons from 1:00 p.m. -3:00 p.m. and in the Huntsville office on Monday afternoons from 1:00 p.m. -3:00 p.m. The facilitator of the program is Jennifer Nicholson, MSW. The group is intended to provide people with anxiety and depression symptoms information about these disorders and some beginning skills to help them manage their thinking and symptoms.

The sessions are built around the principles of Cognitive Behaviour Therapy, a well recognized, psychotherapeutic intervention for Anxiety & Depression. Primary goals of the group are 1) psycho-education 2) peer support.

### **GROUP GUIDELINES**

1. Participants are requested to commit themselves to the entire 8 week program. Each session is built on the material developed in the previous session. If a person misses more than one session, you will be asked to consider coming to another group at a later date. Groups are considerably disrupted when members are not present.
2. Participants are asked to be on time for sessions. If you cannot make it, please make a cancellation call.
3. Confidentiality is primary. Group members agree to keep any identifying information within the room.
4. Some people learn best by jumping into issues and bouncing ideas off others. Some people learn best by sitting back and listening to others. Group members are asked to respect each other's level of participation.
5. Persons who present for group who appear to be under the influence of alcohol or illicit substances will be asked to leave the session.

*For more information, please contact  
Canadian Mental Health Association, Muskoka-Parry Sound at 705 645 2262.*