

## TAKING CONTROL OF YOUR MOOD/ANXIETY

Taking Control of Your Mood/Anxiety is an 8-session depression and anxiety management group based on cognitive-behavioural therapy (CBT)



By the end of the group, you will learn:

- The relationship between thoughts, feelings and behaviours
- How to question, challenge and change problematic thoughts/beliefs
- Lifestyle changes to reduce depression and anxiety

### **Orientation Session:**

Wednesday, February 6 @ 2:30pm  
@ 377 Church Street, Unit 201

**Group Dates:** Wednesday afternoons  
Feb 20 - Apr 17: 2:30-4:30pm  
(except Mar 13) @ 379 Church Street, Health  
for All seminar room

### **To Register:**

Please self-refer by calling (905) 471-9999  
ext. 456 or email @  
[rebecca.robinson@markhamfht.com](mailto:rebecca.robinson@markhamfht.com) or  
contact your health provider