



PROVINCIAL ANXIETY TREATMENT GROUP

When:

Wednesdays
6:00 (pm)-8:30
island time

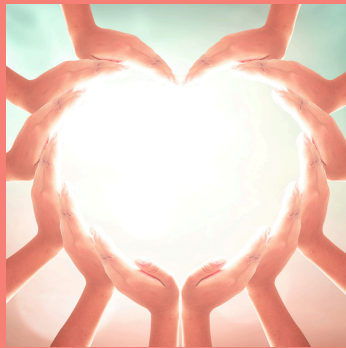
Jan. 22, 2025
to
March 26, 2025
(10 sessions)

Where:

Virtual by Zoom



**NL Health
Services**

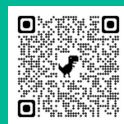


Did you know that group therapy is as effective as individual therapy to treat many mental health issues?

**REGISTER BY
E-MAILING**

nlgroups@nlhealthservices.ca

**OR
SCAN**



Group Facilitators:

Wendy Cranford (MSW, RSW)
Debbie Dale (MSW, RSW)

