



PROVINCIAL ANXIETY TREATMENT GROUP

When:

Thursdays
1:30 (pm)-4:00
island time

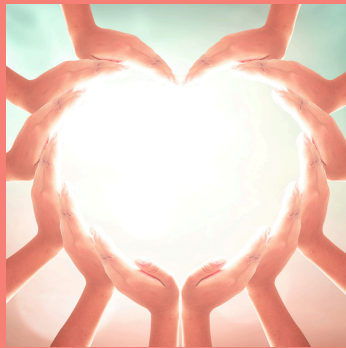
Jan. 23, 2025
to
March 27, 2025
(10 sessions)

Where:

Virtual by Zoom



**NL Health
Services**

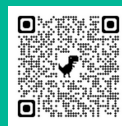


Did you know that group therapy is as effective as individual therapy to treat many mental health issues?

**REGISTER BY
E-MAILING**

nlgroups@nlhealthservices.ca

**OR
SCAN**



Group Facilitators:

Jackie Butt (MSW, RSW)
Colleen Moulton (BA, RSW, BSW)
Bailey Reid (RSW, BSW)

