

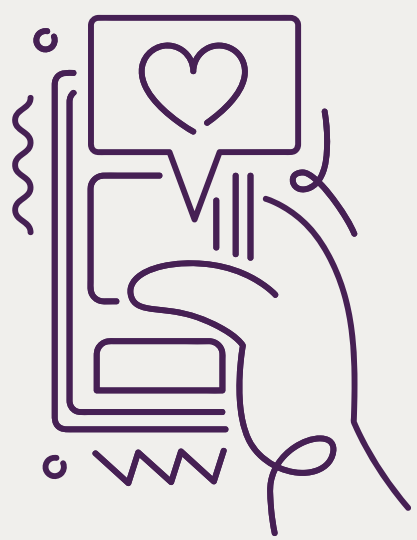


# Provincial Depression Treatment Group

(Virtually via Zoom)  
Ages 18+



## Who is this group for?



- Do you experience symptoms of depression?
- Are you interested in seeking help to understand and cope with your symptoms?
- Would you like to decrease your isolation and connect with others who can relate?
- Are you a resident of Newfoundland and Labrador?



## WHEN

**Tuesdays**  
1:30 - 4:00 (Island time)  
1:00 - 3:30 (Labrador time)

**Duration** - 10 weeks

**Starting** - January 14 to March 18, 2024

**VIRTUALLY VIA ZOOM**

## HOW TO JOIN

**Email-**  
[nlgroups@nlhealthservices.ca](mailto:nlgroups@nlhealthservices.ca)

**or** scan the QR code to get more information



## Meet Your Facilitators:

**\*Jayne Hoyles** (MSW, RSW) - Social Worker - Mental Health Counselor (Eastern Urban Zone)

**\*Kendall Dwyer** (BSW, RSW) - Social Worker- Counselor (Family Care Team - Bell Island)

**\*\* A SAFE SPACE TO CONNECT AND LEARN \*\***