



# PROVINCIAL ANXIETY TREATMENT GROUP

**When:**

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

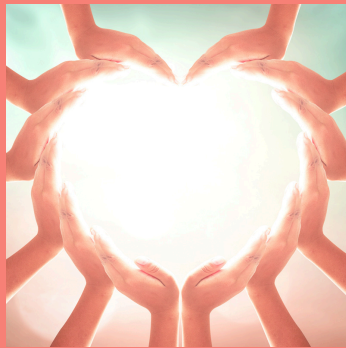
April 16, 2025  
to  
June 18, 2025  
(10 sessions)

**Where:**

Virtual by Zoom



**NL Health  
Services**

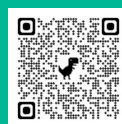


Did you know that group  
therapy is as effective as  
individual therapy  
to treat many mental  
health issues?

**REGISTER BY  
E-MAILING**

[nlgroups@nlhealthservices.ca](mailto:nlgroups@nlhealthservices.ca)

**OR  
SCAN**



**Group Facilitators:**

Daphne Casey (MSW, RSW)  
Sidney Shortall (MSW, RSW)

\*Clinicians in Eastern Urban Health Zone\*

