



PROVINCIAL ANXIETY TREATMENT GROUP

When:

Wednesdays
9:00-11:30 (am)
island time

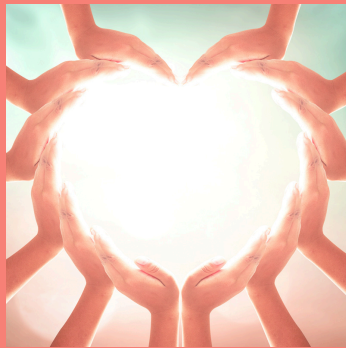
Sept. 24, 2025
to
Nov. 26, 2025
(10 sessions)

Where:

Virtual by Zoom



**NL Health
Services**

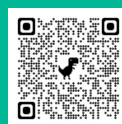


Did you know that group
therapy is as effective as
individual therapy
to treat many mental
health issues?

**REGISTER BY
E-MAILING**

nlgroups@nlhealthservices.ca

**OR
SCAN**



Group Facilitators:

Nichola Park (BSW, RSW) - Western Health Zone
Jennifer Cranford (MSW, RSW) - Primary Care Team St. John's

