

# 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 sessions

**Starting** - October 7th to  
December 16, 2025

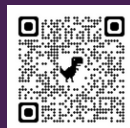
**VIRTUALLY VIA ZOOM**

## HOW TO JOIN

Email-

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

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



## Meet Your Facilitators:

**\*Melissa Noseworthy** (BSW, RSW)  
- Social Worker - (Mental Health &  
Addictions - Bonavista)

**\*Chelsey-Lee Penney** (BSW, RSW)  
- Social Worker - (Mental Health &  
Addictions - Central Health)

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