



PROVINCIAL ANXIETY TREATMENT GROUP

When:

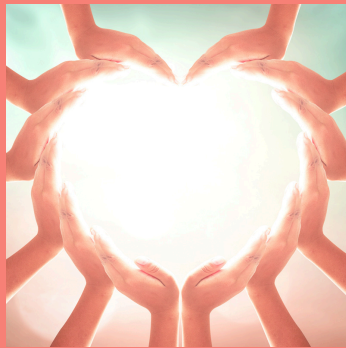
Thursdays
1:30 - 4:00(pm)
island time

January 29, 2026
to
April 02, 2026

(10 sessions)

Where:

Virtual by Zoom

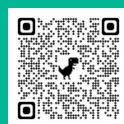


Did you know that group
therapy is as effective as
individual therapy
to treat many mental
health issues?

**REGISTER BY
E-MAILING**

nlgroups@nlhealthservices.ca

**OR
SCAN**



Group Facilitators:

Jackie Butt (MSW, RSW) Provincial Groups Coordinator
Kristen Curnew (BSW, RSW) Groups Counselor – Western Zone

