



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

January 29, 2026
to
April 02, 2026
(10 sessions)

Where:

Virtual by Zoom



**REGISTER BY
E-MAILING**

nlgroups@nlhealthservices.ca

Group Facilitators:

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

PROVINCIAL ANXIETY TREATMENT GROUP



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

**OR
SCAN**

