



PROVINCIAL ANXIETY TREATMENT GROUP

When:

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

October 1, 2026
to
Dec. 3, 2026

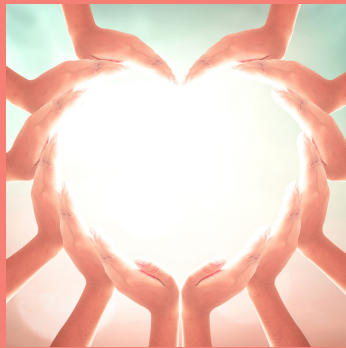
(10 sessions)

Where:

Virtual by Webex



**NL Health
Services**

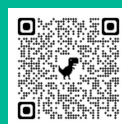


Did you know that group
therapy is as effective as
individual therapy
to treat many mental
health issues?

**REGISTER BY
E-MAILING**

nlgroups@nlhealthservices.ca

**OR
SCAN**



Group Facilitators:

Jackie Butt (MSW, RSW) Provincial Groups Coordinator
Beverly Stickley (BSc (Psych), RN, MEd, CCC) Counselor (Western)

