



PROVINCIAL ANXIETY TREATMENT GROUP

When:

Tuesdays
6:00 - 8:30(pm)
island time

September 29
to
Dec. 1, 2026

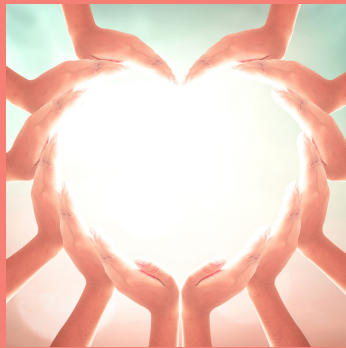
(10 sessions)

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:

Nichola Park (BSW, RSW) - Stepped Care Counsellor- Western Zone
Melissa Power (BSW, RSW) Counselor (Central Zone)

