

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

Wednesdays

1:30 - 4:00 (Island time)

1:00 - 3:30 (Labrador time)

Duration - 10 sessions

Starting - October 7 to
December 16, 2026

VIRTUALLY VIA WEBEX

HOW TO JOIN

Email-

nlgroups@nlhealthservices.ca

or scan the QR code
to get more
information



Meet Your Facilitators:

***Nichola Park** (BSW, RSW)
- Stepped Care Counsellor-
Western Zone

***Krista Barnes** (BSW, RSW) - Social
Worker- (Western Zone)