

Healthy Emotions

A 10-week Cognitive Behavioural Group for Teens



Is worry, anger, or sadness getting in the way of you enjoying life and doing the things that you need or want to do? Learn how to accept your emotions without letting them control you.

Where is it?

Chatham-Kent Children's Services
495 Grand Ave West, Chatham

When is it?

Every Wednesday, 4:00-5:30pm
September 26 - November 28, 2018

Who is it for?

Anyone ages 13-17 who struggles with worry, sadness, or anger, or who may be diagnosed with depression, anxiety, or OCD

Next Group starts Sept. 26th, 2018!

To register, call 519-352-0440 (Press 2)