Healthy Emotions

A 10-week Cognitive Behavioural Group for Teens

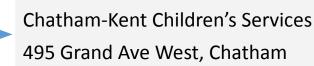




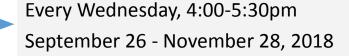


Is worry, anger, or sadness getting in the way of you enjoying life and doing the things that you need or want to do? Learn how to accept your emotions without letting them control you.

Where is it?



When is it?



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)