



Anxiety and Depression Treatment with Cognitive Behaviour Therapy Skills Group

This is a 6 week group program for the treatment of Anxiety and Depression.

This program aims to empower you to learn valuable skills to better cope with life's challenges.

- Learn about the connection between our thoughts, feelings, and behaviours
- Start to identify and challenge unhelpful patterns
- Come up with different ways to view problems when they pop up
- Develop your own 'toolbox' of practical self-help strategies
- Work to bring about positive changes to improve your quality of life

What to bring: You and an open mind!

Where: EACH
2 Capital City Boulevard, Knox Ozone, Wantirna South 3152

Starting Dates: Friday, May 4th 2018

Time: 10.00am-11:30am

Commitment: 4 weeks

Cost: **FREE** (with current Mental Health Care Plan completed by your GP)

How to refer: Contact Psychological Strategies team on (03) 8892 4200

or Email: psintake@each.com.au

We look forward to hearing from you!

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