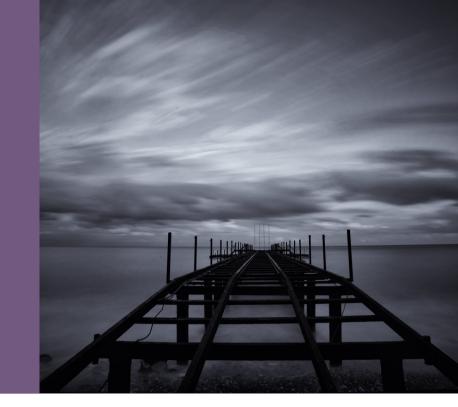
Virtual Anxiety & Depression Series

Mindfulness, managing unhelpful thoughts, accepting difficult emotions, and self-compassion.



About This Group

Each week presents a new topic, Topics include understanding the physiology of anxiety and depression; emotion regulation techniques; challenging cognitive distortions and core beliefs; building an exposure hierarchy; creating a self-care plan; and creating confidence in learning how to manage anxiety and depression throughout one's life.

Wednesday Afternoons

Jan 10-Feb 14, 2024 12-2pm

Cost: Free Thanks to Funding from the Wellness Network **Location:**Virtual



Register Now: www.momentumcounselling.org