

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

Location:
Virtual

Cost: Free Thanks
to Funding from
the Wellness
Network

Register Now: www.momentumcounselling.org

