

COGNITIVE BEHAVIOUR THERAPY GROUP

12 WEEKLY SESSIONS OF 120 MINUTES

A COMMITMENT TO ATTENDANCE AND HOME

PRACTICE ACTIVITIES IS REQUIRED



FOR MORE INFORMATION
AND REFERRAL

PLEASE CONTACT:

DEPRESSION.CENTRE@UHN.CA

CBT IS AN EVIDENCE-BASED PROGRAM DESIGNED TO HELP INDIVIDUALS WHO ARE EXPERIENCING OR HAVE EXPERIENCED SYMPTOMS OF DEPRESSION.

YOU WILL LEARN SKILLS TO HELP MANAGE AND CHANGE YOUR THOUGHTS, EMOTIONS AND BEHAVIOURS TO LEAD TO IMPROVEMENT IN YOUR MOOD AND FUNCTIONING.