



SEEKING SAFETY

Seeking Safety is an evidence-based, present-focused therapy model to help people attain safety from trauma and/or substance abuse.

Tuesdays @ 1:30pm – 3:30 pm (Virtually via OTN)

September 1, 8, 15, 22, 29, 2020

October 13, 20, 27, 2020

Seeking Safety Group

**Variety of topics
within the
following themes:
Cognitive,
Behavioral,
Interpersonal &
Case management**

**Patients provide input to
the topic areas for each
session (group treatment
geared to your individual
needs).**

**FREE COURSE
FOR PATIENTS OF
WRNPLC**

**WATERLOO REGION
NURSE PRACTITIONER
LED CLINIC**

13 Water Street, North
Cambridge, ON
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PLEASE REGISTER WITH FRONT DESK OR THROUGH OUR WEBSITE