

Winter Groups

Supporting your Mental Health Through the Winter Season

[\(Register here- please indicate group name and location\)](#)



CBT for Depression

This 4-session group will focus on CBT skills for managing depression

January 17, 24, 31 and February 7
5:00-6:30 pm at our Kitchener clinic
Or
February 16, 23, March 2, 9
2:30-4:00 pm at our Cambridge clinic



Strategies for Better Sleep

This 3-session group will focus on cognitive and behavioural strategies to address insomnia and improve your sleep

February 9, 16 and 23
2:30-4:00 pm at our Kitchener Clinic

Virtual Groups

[\(Register here to receive virtual link\)](#)

Calm, Cool and Connected January 19, 1:00-2:00 pm

Strategies for managing strong emotions in times of stress

Getting Tough Together March 8, 1:00-2:00 pm

Winter can be a tough time for mood and feeling isolated
Connect with others and share strategies to combat isolation and loneliness