

PSYCHO-EDUCATIONAL DEPRESSION GROUPS

The CMHA is now offering psycho-educational depression groups which offer a supportive and structured environment to acquire new skills and effective ways of coping with depression. This eight session psycho-educational group offers information about symptoms, causes and the various types of treatments for depression. This group is based on a cognitive-behavioural therapy (CBT) model, which research has shown is very effective for treating depression. CBT is based on the idea that depression can be improved by identifying and challenging false, illogical and negative thinking that causes and maintains our negative emotions. By learning more about depression, we can help ourselves and our loved ones to better cope with it.

TOPICS INCLUDE:

Introductions & Welcome

*The Power to Change
The Way we Think*

*The Power to Change
Our Belief Systems*

*Challenging Our
Negative Thinking*

Changes in Action

Emotion Management

Stress Management

Self-esteem



Group Length

Groups meet for two hours once a week for 8 weeks

When

We are taking referrals now. Group dates to be announced.

Where

Niagara Falls, Fort Erie, and St. Catharines

Group Size

Minimum 5 participants

Maximum 10 participants

Attendance

There is an 8 week commitment to join the group.

For More Information Please Call OR Email

Niagara Falls groups call: 905-354-4576 ext. 522

Niagara Falls groups email: wpatterson@cmhaniagara.ca

Fort Erie groups call: 905-994-1905 ext. 722

Fort Erie groups email: cphillips@cmhaniagara.ca

St. Catharines groups call: 905-688-2543 Ext. 629

St Catharines groups email: gclément@cmhaniagara.ca

Cost

There is a \$15.00 fee to cover administrative costs.