



Anxiety and Depression

Treatment with

Cognitive Behaviour Therapy Skills Group

This is a 4 week group program (6-10 participants) for the treatment of Anxiety and Depression. We will explore the foundations of Cognitive Behaviour Therapy (CBT) for people experiencing low to moderate anxiety and depression.

This program aims to empower people to learn valuable skills to better cope with life's challenges.

- Learn about the connection between our thoughts, feelings, and behaviours
- Start to identify and challenge unhelpful patterns
- Come up with different ways to view problems when they pop up
- Develop your own coping skills 'toolbox' of practical self-help strategies
- Work to bring about positive changes to improve your quality of life

This group can be accessed on its own, or with the possibility of individual counselling under the Psychological Strategies program through EACH.

What to bring: Yourself and an open mind!

Where: EACH
2 Capital City Boulevard, Westfield Knox Ozone, Wantirna South 3152

Starting Dates: Wednesday 24 January 2018 - 9:30am-11:30am
Wednesday 28 February 2018

Commitment: 4 weeks

Cost: FREE*

How to refer: Contact Psychological Strategies team on (03) 8892 4200
or email psintake@each.com.au

*Please note – in order to attend this group, all participants will need to have a Mental Health Care Plan from their GP

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