



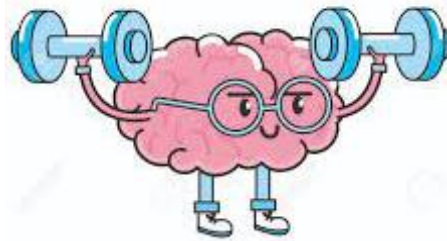
**ESSEX COUNTY NURSE
PRACTITIONER-LED CLINIC**

Clinique dirigée par du personnel
infirmier praticien du **comté d'Essex**



CBT DROP-IN GROUP

AGES 10- 15



MAY 23Rd: LABELLING EMOTIONS

MAY 30TH: COPING WITH DIFFICULT EMOTIONS

JUNE 6TH: BOUNDARIES AND FRIENDSHIPS

JUNE 13TH: SELF ESTEEM



Essex Clinic
2nd Floor 186 Talbot St S., Unit 200



4:00- 5:30pm



Call 519-776- 6856 to secure a spot

Refreshments and course material provided. Zoom option is available upon request.

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