



# CBT DROP IN GROUP

Ages 26+



**March 14:** Identity & Finding Purpose

**March 21:** Coping with Anxiety,  
Depression and Burnout

**March 28:** Values & Goal Setting

**April 4:** Mindfulness



**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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