



# SATURDAY CBT

FOR ANXIETY  
& DEPRESSION

A group for patients looking to learn foundational skills and tools to manage depression and anxiety. No appointment required.

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## What is CBT?

CBT or “*Cognitive-Behavioural Therapy*” is an evidence-based modality of treatment proven to help reduce symptoms of depression and anxiety.

## When is this group offered?

This group takes place every Saturday at **1 PM sharp**, and ends at 3 PM. The group will not be offered on long weekends, during statutory holidays.

## Where will this group take place?

The group will be meeting at the Outpatient Mental Health Program (2WF) in Room B2537 (Large Group Room).

## Do I need a referral?

No referral is required to attend the group!

## Who can go to this group?

Any patient who has accessed Mental Health services (e.g. Outpatient Mental Health, Inpatient Mental Health) with **a diagnosis of Depression and/or Anxiety** at the Markham Stouffville Hospital is eligible.

Please register at the Outpatient Mental Health front desk

