Preventing Depression Relapse: A Mindfulness-Based Cognitive Therapy Group

Do you cycle into low mood and depression?
This skills-based group offers evidence-based therapy that helps sustain recovery from depression and decrease risk of relapse. Mindfulness-based Cognitive Therapy (MBCT) is an empirically validated group treatment program that is specifically designed to help individuals who have recovered from depression, to avoid future relapse.

More details
› The primary prevention skills are mindfulness-based practices and the focus of therapy is in prevention of relapses.
› This group is open to registered students of University of Waterloo and there is a $25 fee for a workbook.
› This group is led by Jennifer Yuen, MSW, RSW and runs for 8 weekly sessions. Note: This group will not meet Wednesday, Feb 20 during reading week.

WHEN
Wednesday, January 23, 2019
2:00 p.m. to 4:00 p.m.

WHERE
Counselling Services
Needles Hall North
2nd Floor, Room 2447

Register on LEADS
uwaterloo.ca/campus-wellness/events