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 Kristina Schwalm, MSW, RSW and runs for 8 weekly sessions.

WHEN
Monday, October 21, 2019
10:30 a.m. to 12:30 p.m.

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

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