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.