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. The primary prevention skills are mindfulness-based practices and the focus of therapy is in prevention of relapses.

Who can join this group?

This group is open to students.

Participants must attend the first session.

Dates: Wednesday, September 27 to Wednesday, November 22
Time: 5:00 p.m. to 7:00 p.m.
Length: 8 sessions
Location: Needles Hall Addition, 2nd Floor, Counselling Services Large Group Room 2447
Fee: $25.00 for workbook.
Facilitator: Jennifer Yuen, MSW, RSW

Register online on LEADS.

Note: The group will not meet on Wednesday, October 11

For more information, visit: https://uwaterloo.ca/campus-wellness/