



Beyond Depression

PsychoEducational Group for Men

**Group discussions will explore the effects on your present life.
Homework will help you uncover patterns of behavior.
Group support will encourage making and living wise and healthy choices for your future.**

When: Wednesday, October 10 – December 5, 2018
Wednesday 5:30 – 7:30 p.m.

Location: Counselling and Family Service Ottawa (CFSO)
310 Olmstead Street, Ottawa
(between McArthur & Montreal Road, east of the Vanier Parkway)

Cost: Sliding Scale – subsidy available

Registration is limited to 8 participants

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Agenda

October 10	Introduction and Goal Setting
October 17	Modify those Behaviours
October 24	What am I thinking?
October 31	What was I thinking?
November 7	What do I feel?
November 14	Why do I keep doing the same things?
November 21	People: who needs them?
November 28	Beyond Depression
December 5	Review and Wrap Up

A pre-group meeting with the facilitator is required.

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Registration

Please submit your registration form to Diana Fox by

- ✓ e-mail: info@cfsottawa.ca
- ✓ fax: 613-233-9881

Name:

Telephone number:

E-mail address:

Please note!

**Registration form must be received by October 1, 2018
Registration does not guarantee participation
Participation is determined upon completion of an interview**