

Northumberland

Family Health Team

Northumberland Mall, Unit 10

1111 Elgin Street West

Cobourg ON K9A 5H7

ANXIETY GROUP PROGRAM



8 Week Anxiety Group

focusing on Cognitive Behavioural Therapy (CBT) and
Mindfulness Skills

Ongoing Admissions

Date: Contact the Office for Dates

Location: NFHT

TO REGISTER

*speak with your
doctor for a referral