

Rise Up from Depression



This small group will focus on depression management and skill development.

Learn about depression, reactivate your life, improve your mood and change your thinking and

Actions

Ongoing Admissions

Date: Contact the Office for Dates

Time: 1:30 to 3:00

Location: NFHT Office Northumberland Mall

TO REGISTER

***Speak with your doctor for a referral**

Call 289-252-2139 Email info@nfht.ca