

Think Well, Be Well

If you are experiencing difficulty with your moods and feeling stressed, anxious, depressed or angry, please join us for the Think Well, Be Well Program.

This is a four module, four weeks each, course with two-hour weekly classes that focuses on strategies and techniques that support you to better manage your mental health and well-being. The modules are non-sequential, so you can join any module as it begins.

Throughout the course we explore:

- the link between thoughts, behaviours and feelings;
- how to decrease negative thinking and reactivity in your life;
- lifestyle management strategies;
- self-esteem, boundaries and assertiveness techniques; and
- coping strategies.

By attending this course and setting small attainable goals, you have the opportunity to improve your coping and how you feel.

All rostered patients of the clinic are welcome to attend these free programs.

To register, please call the Campbellford clinic at 705-653-1801 and leave a message for Cheryl Woods.