



WELLNESS and TRAUMA PROGRAM

Do you Struggle with...

Depression?

Anxiety?

Mood Imbalances?

Difficulty Understand Your Emotions?

Coping with Trauma?

The Wellness and Trauma program may be a fit for you!

Who Can Participate?

All participants are required to be of 18 years of age or older.

Program Details

Where

10 Barberry Court, N5Z 3C4

Time and Dates:

Every Tuesday from 1:30-3

Starting October 4, 2016 - November 8th, 2016

If you are interested please register with our Medical Office Assistants