

# Mood and Anxiety Program (MAP)

## Learn to Manage your symptoms of Anxiety and Depression



When: Thursdays (Oct 13-Nov 17, 2022)

Time: 10:30am-12pm

Where: On zoom (with 2 optional in-person outside gatherings)

For more information and to register, please contact Danielle (437) 882-1043 or Van (437) 882-1047

\*Pre-registration is required