



Enhanced Cognitive Behavioural Therapy for Seniors with Anxiety and Depression

CBT addresses the connection between thoughts, actions and feelings and has been shown to be effective in treating depression and anxiety. Group participants learn that by changing their thoughts, they can change their actions and their moods.

Before being accepted to the group you will meet with a psychiatrist to see if this type of treatment is right for you. Talk to your GPCSO Case Manager if you would like more information about the group.

The group runs once a year in the spring, and is held at The Council on Aging of Ottawa at 1247 Kilborn Place. The group runs for 8 weeks.

GPCSO

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