

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. This in-person group runs for 8 weeks, and is offered twice a year. The group is available for active patients registered with GPCSO.

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 or geriatric psychiatrist if you would like more information about the group.

**Geriatric Psychiatry Community
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