

**“Changeways” (The Core) for  
Depression, Anxiety and Bipolar  
Disorder**

**When: Starting Friday April 17, 2009 @  
9:30 – 11:00 am.**

**This group will run for 10 weeks**

**Where: New Beginnings Support Centre  
in Trenton**

**Facilitators:**

**Cathy Kelly**

Community Outreach Worker

Providence Care

Mood Disorder Services

Mental health Services

**Tammy Orr**

Mental Health Counsellor

Mental Health Services HPEC

We would like to have approx. 10 participants in the group and will take referrals for more than that in case some are not able to make it when we contact them. Participants need to be aware that this is a psycho-educational group. Although some support is provided it is more about providing information and education. Participants need to commit to the time of attending group and no more than two sessions can be missed.