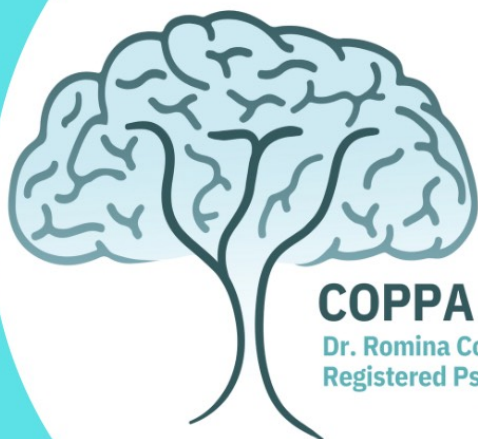




COPPA CARE

Dr. Romina Coppa and Associates
Registered Psychologists



- Are you tired of feeling terrible most times?
- Do you want to know why you feel the way you feel?
- Do you wish to take back your life and feel great again?

START DATE: AUGUST 1ST

TIME: 5-6.30PM

10 WEEKS CBT GROUP THERAPY FOR DEPRESSION (VIRTUAL)

Cognitive behavioural therapy can help you break the cycle of low mood by guiding you to identify the triggers, restructure your thoughts and modify maladaptive behaviours with the support of both a psychologist and group members.

CONTACT US

officemanager@coppacare.ca

OR

Call: (519) 754-0005

to get a
**FREE 15 minutes
consultation/screening**

(519) 754-0005

www.coppacare.ca