



**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: JULY 4TH**

**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**