

It's better together.

GROUP COUNSELLING



FEATURES AVAILABLE:

- All participants are prescreened to ensure shared interests and goals.
- Each group is joined by a qualified mental health professional to facilitate interaction within the group
- New groups are formed on an ongoing basis

This 8-week program combines the benefit of short-term, solution-focused therapy with the benefits of a group experience and the convenience of telephonic or video conferencing. Groups meet for 90 minutes weekly to share and offer support around issues such as anxiety, bereavement, low level depression, divorce and separation, and work-life balance. A qualified mental health professional will lead each group to keep the conversation constructive for all. Speak with your EAP Counsellor to determine if this program is right for you.

TOLL-FREE: 1-866-327-2400

WEBSITE: www.deeroakseap.com

USERNAME: uco • PASSWORD: uco

iConnect You Code: 106911

