



Rural Addiction & Mental Health is launching Liberated Life: a 10-week Cognitive Behavioural Therapy & Mindfulness group.

The group will be held through Zoom, an online videoconferencing platform. This enables us to offer group services over the internet to clients experiencing symptoms of anxiety or depression.

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Zoom is for free to download, and is available for Windows & Mac computers, and iPhone, iPad, or Android smartphones or tablets.

The group will require that the user has a reliable high-speed internet connection, in addition to a working microphone, speaker, and videocamera for interacting with the group.

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Speak to your Family Doctor for information about dates and enrolment eligibility.