

# Ontario Structured PSYCHOTHERAPY

## Fall Group Offerings



The **Ontario Structured Psychotherapy Program (OSP)** provides free cognitive-behavioural therapy to teach you practical skills and techniques to change patterns of behaviour and thinking. Starting in September, OSP will be offering virtual psychotherapy groups to support the development of skills to cope with symptoms of depression, anxiety or posttraumatic stress.

### Mood and/or Anxiety Symptoms

Transdiagnostic Groups are offered starting on the week of September 4. Groups run for 15 weeks and can support clients experiencing symptoms of low mood, generalized anxiety, social anxiety or panic. See below for the start date and timing for the groups.

WEDNESDAY  
Starting November 6  
TBD

### Posttraumatic Stress Symptoms

Cognitive Processing Therapy Groups are offered on Wednesdays starting on the week of September 4. The group will run for 12 weeks and can support clients experiencing symptoms of posttraumatic stress.

WEDNESDAY  
Starting October 9  
1:00 pm – 3:00 pm

### Low Mood Symptoms

Depression Group is offered on Tuesdays starting on September 10. The group will run for 12 weeks and can support clients experiencing low mood and related symptoms.

TUESDAY  
Starting October 15  
1:00 pm – 3:00 pm

MARDI (en français)  
Starting October 15  
1:00 pm – 3:00 pm