



Mind Over Mood

Cognitive Behavioural Therapy (CBT) is an effective form of treatment for depression, anxiety and other mood problems. You will learn that thoughts, beliefs, and behaviours are connected to your moods, physical experiences, and events in your everyday life. You will learn to think about yourself and situations in more helpful ways, and to change your thinking patterns and behaviours that keep you stuck in distressing moods. This group is highly interactive and provides opportunities for self-reflection and practical skill-building. Through structured activities, we will review coping strategies such as mindfulness, breathing techniques, journaling, gratitude, affirmations, goal setting, action plans, and thought records.

Duration: 8 weekly sessions, 2 hours each

Group Size: approx. 8-12 participants. Confidential group.

Target Population: Most effective for those with mild to moderate depression/anxiety

Required Textbook: *“Mind Over Mood – 2nd Edition”* by Dennis Greenberger and Christine A. Padesky, which can be purchased at Indigo or Amazon, borrowed from your local library (print or electronic copies) or borrowed from our organization (print copies only). If you need to borrow a book from the Thames Valley Family Health Team, please contact programs@thamesvalleyfht.ca.

Participants are expected to:

- **Actively engage during each session**, which includes having your cameras on and speaking up to your own comfort level in session. These groups are meant to foster a community of support, so by regularly and respectfully interacting, you are supporting other participants as well as yourself. If this level of engagement is not comfortable at this time, please speak to a health care provider about alternatives.
- **Join each session on time.** Participants will not be admitted into the group after 15 minutes (unless they previously communicated with facilitators about a late arrival on that date or a special accommodation is needed.)
- **Commit to attend all sessions** on a voluntary basis—your participation is a personal choice. Missing more than 2 sessions will have a significant impact on your learning and overall experience and will result in removal from the current group. Participants may register for a future group when they are able to attend all 8 sessions.
- **Complete confidential assessments** at beginning and end of 8-week group.
- **Complete homework between sessions**, which may include reading, reflection, trying new strategies, etc.
- **Behave in a virtual session as you would during an in-person session.** Please be respectful of the facilitators and other group members. For example: Give the group your full attention; keep your body and your device still to prevent distracting on-camera movement; no smoking/vaping.

The Thames Valley Family Health Team Mind Over Mood program may NOT be for you if:

- You are experiencing a life crisis or require urgent mental health service
- You have a cognitive challenge that would interrupt your ability to learn, remember and practice new material
- You have difficulty containing and managing your emotions

A facilitator will be contacting you by phone for a brief orientation call in advance of the group. If you have further questions about any of this information, it can be reviewed with the facilitator at that time.