



**4750 Yonge St, Unit 301
North York, Ontario, M2N 0J6
Telephone: (416) 733 - 4535
Fax: (416) 733 - 4533**

New Virtual OHIP Covered Group Therapy Available Ontario-Wide

EMERALD PARK MEDICAL CLINIC

is now accepting referrals



CBT Skills for Depression

Cognitive Behaviour Therapy (CBT) is used to address depressive symptoms and disorders. A group will meet weekly for 12 weeks to focus on thoughts, emotions, and negative beliefs. They will use “Mind over Mood” as a workbook, complete assignments, share challenges, and incorporate mindfulness, meditation, EMDR, and ACT.

CBT Skills for Anxiety

Cognitive Behaviour Therapy (CBT) group will gather weekly over 12 weeks to tackle anxiety by exploring thoughts, confronting negative beliefs, and creating grounding techniques. The group utilize the “Mind over Mood” book, participate in homework tasks, and integrate mindfulness, meditation, EMDR, and ACT practices for a holistic approach.

Supportive Therapy

Supportive Therapy provides a 12-week program for individuals to share experiences, receive support, and connect with others facing similar mental health challenges in a safe, non-judgmental environment. Participants can discuss, learn coping strategies, build community, and prioritize self-care and self-compassion.

Online Group Therapy Sessions Available on Zoom

Participate in our Virtual Group Sessions from the convenience of your own space!