



Thames Valley
Family Health Team

PROGRAMS OPEN TO

Patients of:

Thames Valley Family Health Team

Elgin Community Health Hub

London Family Health Team

London InterCommunity Health Centre Trans Health Program

St. Thomas Elgin General Hospital Outpatient Mental Health

West Elgin Community Health Centre



Intuitive Eating

Learn to trust your body to make food choices that feel good for you, without judgement or influence from diet culture.



Mind Over Mood

Learn about the Cognitive Behavioural Therapy (CBT) approach to treating anxiety, depression, self-esteem issues, and stress.



To learn more and register, scan the QR code next to the group or visit www.thamesvalleyfht.ca/programregistration