

Psychosocial Group



Purpose: to reduce isolation, increase socialization and enhance weekly structure.

Activities: current events, health & wellness education, craft activities, knitting, board-games.

When: Monday (1:00-3:30) & Friday (9:30-11:30)

Tai- Chi Group



Description: Tai-Chi involves a gentle series of movements performed in a slow, focused manner and accompanied by deep breathing.

Benefits: improves symptoms of anxiety, depression, balance, and endurance.

When: 12 week program (Tuesday from 11:30-12:30)

Contact information

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Created by Allana Goodman (OT)
Dec. 17' **JEWISH GENERAL HOSPITAL**

Geriatric Psychiatry Clinic

Treatment Program Descriptions



JEWISH GENERAL HOSPITAL

*Institute of Community and Family Psychiatry- CIUSSS
Centre-Ouest-De-L'Île de Montréal*

Mindfulness Based Cognitive Therapy for Depression



“Mindfulness is the awareness that emerges from paying attention on purpose in the present moment and non-judgmentally to things as they are.”
Williams, Teasdale, Segal & Kabat-Zinn

Objective: Reduce symptoms of anxiety and depression by learning both formal and informal meditative practices such as sitting meditation, body scan, yoga, mindful eating, & mindful walking.

Duration: 8-weeks

Length: 2 hours

Life-Skills Group

Objective: Structured program based on the principles of Cognitive Behavioral Therapy (CBT) which focuses on providing coping strategies, symptom management, and functional skill development

Topics include: stress management, communication, nutrition, motivation, education on mental illness and diagnoses, functional skill development (i.e. cooking)

Duration: 8 weeks

Length: 2 hours



Exercise Group



Objective: to improve strength, endurance, mobility, and balance with the focus on increasing function, reducing fall risk, and promoting health and well-being.

The exercise group is led by a certified exercise instructor, target different muscle groups and is adapted based on the client's physical capacities.

When: Monday & Friday (11:30-12:30)

Duration: 12 weeks

Length: 60 minutes

