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)

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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)

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Contact information

For further information please contact Allana Goodman (OT)
514-340-8222 (24791)

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Geriatric Psychiatry Clinic
Treatment Program Descriptions

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Created by Allana Goodman (OT) Dec. 17

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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