

Anxiety & Depression Recovery Program

We Offer Programs for
First Responders
Veterans
Military Personnel
General Public



DIVERSIFIED
REHABILITATION GROUP

PTSDrecovery.ca

| 888.402.8222

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Our Residential Anxiety & Depression Recovery Program is located in Kelowna, BC.

8-week Program:

Foundation (Week 1-4) Virtual

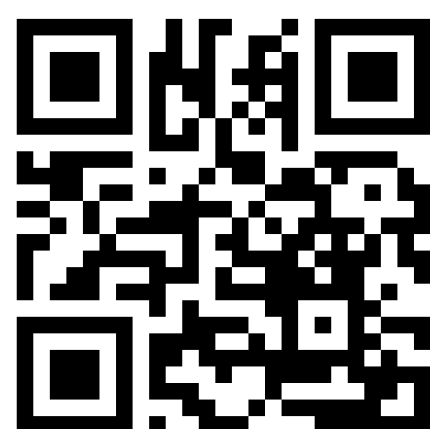
Immersion (Week 5) In person at Iremia Lodge

Integration (Week 6-8) Virtual

What is included:

Individual & Group Therapy, Biofeedback, Psycho-Educational Sessions, Guided Meditation, Yoga & Cardiovascular Activities, Expressive Art, Accommodation & Meals

A New Beginning



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