



# Mental Health Programs:

**TRAUMATIC STRESS RECOVERY PROGRAM (TSRP\*)**  
**ANXIETY & DEPRESSION RECOVERY PROGRAM (A&DRP\*)**

2021 PROGRAM DATES			
General Public	TSRP		January 11 <sup>th</sup> – February 12 <sup>th</sup>
First Responders	TSRP		February 16 <sup>th</sup> – March 19 <sup>th</sup>
First Responders	TSRP		March 22 <sup>nd</sup> – April 23 <sup>rd</sup>
First Responders		A&DRP	April 26 <sup>th</sup> – May 6 <sup>th</sup>
General Public	TSRP		May 10 <sup>th</sup> – June 11 <sup>th</sup>
First Responders	TSRP		June 14 <sup>th</sup> – July 16 <sup>th</sup>
General Public		A&DRP	July 19 <sup>th</sup> – July 29 <sup>th</sup>
First Responders	TSRP		August 23 <sup>rd</sup> – September 24 <sup>th</sup>
General Public	TSRP		September 27 <sup>th</sup> – October 29 <sup>th</sup>
First Responders		A&DRP	November 1 <sup>st</sup> – November 11 <sup>th</sup>
First Responders	TSRP		November 15 <sup>th</sup> – December 17 <sup>th</sup>

\***TSRP** – 5-week program + 6 weeks post-treatment support  
 (2 weeks of treatment, 1 week of home reintegration, 2 weeks of treatment)

\***A&DRP** – 11 Day program + 4 weeks post-treatment support  
 (Monday start, one weekend, Thursday end)

## Central Intake Office

Phone: 1-888-402-8222

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[www.PTSDRecovery.ca](http://www.PTSDRecovery.ca)

[Referral Form](#)

[www.Anxiety-Depression.ca](http://www.Anxiety-Depression.ca)

