



Mental Health Programs:

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

2022 PROGRAM DATES			
First Responders	TSRP		January 10 th – February 11 th
First Responders	TSRP		February 22 nd – March 25 th
First Responders		A&DRP	April 4 th – April 14 th
General Public	TSRP		April 19 th – May 20 th
First Responders	TSRP		May 24 th – June 24 th
First Responders	TSRP		June 27 th – July 29 th
First Responders	TSRP		August 22 nd – September 23 rd
First Responders	TSRP		September 26 th – October 28 th
General Public		A&DRP	October 31 st – November 10 th
First Responders	TSRP		November 14 th – December 16 th

***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

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www.PTSDrecovery.ca

[Referral Form](#)

www.Anxiety-Depression.ca

