

## Mood Anxiety Pathway (MAxP)

The Mood Anxiety Pathway is for youth who experience mild to moderate symptoms of non acute depression and anxiety.

The MAxP focuses on helping youth develop skills and knowledge to manage their experiences with stress and mood symptoms.

**There are 4 core services available to youth enrolled in the MAxP:**

### PRIMER Group

4 session group which will cover education about mood and anxiety, sleep hygiene, healthy lifestyle and self management strategies. This group will be offered virtually or in person and is facilitated by Occupational Therapists and Peer Support.

**Upon completion of the Primer Group, youth can enroll in the following:**

**a. CBT Boot Camp:**

8 session weekly group facilitated by Occupational Therapists

**b. Mindfulness Based Cognitive Therapy (MBCT):**

8 session weekly group facilitated by Dr Alex Gubanov, FRCP

**c. Counselling (short term):**

Upon completion of either CBT or MBCT (requires approval).

### Eligibility

- Age 18 - 24 years
- We ask that the participant comes with a willingness and interest to explore and participate in group mindfulness practice.
- Each participant will be expected to have their own clinical support outside of the MAxP pathway, who will be available to follow up if significant concerns or distress arises during the participation in the groups. Clinical support can include a therapist, counsellor, MD, NP, case manager
- If the participant is currently experiencing an acute or unstable episode, we recommend that they be treated and stabilized first before referring to our program.

For more information, email:  
ICYMHP@providencehealth.bc.ca  
or call 604 806 9415

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