



Mental Health Intensive Outpatient Program

Achieve lasting mental health wellness with our Intensive Outpatient Program, offering comprehensive support while balancing your daily life.

As part of the program, Members receive nine hours of individual and group therapy per week over an eight-week period, followed by 10 months of weekly aftercare to help you maintain healthy habits. Members can access treatment in-person or virtually, allowing you to balance home and work commitments.

Included in the Intensive Outpatient Program:

- Eight weeks of treatment programs
- Nine hours of treatment per week with both group and individual therapy
- In-person or virtually
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- 10 months of ongoing aftercare
- Access to a mental health app that lets you set goals, track progress, and monitor triggers

The Intensive Outpatient Program can help those who:



- Experience mild to moderate symptoms of anxiety, depression, or bipolar disorder
- Find that their symptoms interfere with their daily tasks and obligations
- Are seeking a skills-based support system to help manage their symptoms

Get started today!

1-844-900-8357