

Revivre

Anxiety • Depression • Bipolar Disorder

1 866 Revivre
Revivre.org

At Revivre, we provide **support**
to help you manage what you are
going through
and **information** on
anxiety, depressive and bipolar
disorders.

Revivre is behind you to help you
regain control
over your health.



Revivre

Anxiety • Depression • Bipolar Disorder

1 866 Revivre
Revivre.org

At Revivre, we provide **support**
to help you manage what you are
going through
and **information** on
anxiety, depressive and bipolar
disorders.

Revivre is behind you to help you
regain control
over your health.



Revivre

Anxiety • Depression • Bipolar Disorder

1 866 Revivre
Revivre.org

At Revivre, we provide **support**
to help you manage what you are
going through
and **information** on
anxiety, depressive and bipolar
disorders.

Revivre is behind you to help you
regain control
over your health.



Toll-free support line available in French and English
Modèle de demande de renseignements
- revivre.org
- Discussion forums (English and French) on revivre.org forum
- Fact sheets, brochures, books and audio-visual material

Participants from other countries are welcome to share their experiences and offer mutual support in a welcoming and respectful environment
entraide@revivre.org

Self-Management Support Program for anxiety, depression and bipolar disorder

Workshop

- Self-Management of Anxiety
- Self-Management of Bipolar Disorder
- Self-Management of Depression
- Self-Management of Self-Esteem
- Self-Management of Anxiety and Mood Disorders in the Workplace

514 529-3081 ext. 2 • atelier@revivre.org

These workshops can be offered by any recognized mental health organization in Quebec

Vtckpkpi p ogpvnc gchv ugnh ocpdci ogbv uwrr tv (for intervention workers and health care professionals)

514 529-3081 ext. 5 javance@revivre.org www.revivre.org/javance.php

T T 5140 Saint-Jacques Street, Montreal, Quebec H3T 1J1
www.revivre.org

Toll-free support line available in French and English
Modèle de demande de renseignements
- revivre.org
- Discussion forums (English and French) on revivre.org forum
- Fact sheets, brochures, books and audio-visual material

Participants from other countries are welcome to share their experiences and offer mutual support in a welcoming and respectful environment
entraide@revivre.org

Self-Management Support Program for anxiety, depression and bipolar disorder

Workshop

- Self-Management of Anxiety
- Self-Management of Bipolar Disorder
- Self-Management of Depression
- Self-Management of Self-Esteem
- Self-Management of Anxiety and Mood Disorders in the Workplace

514 529-3081 ext. 2 • atelier@revivre.org

These workshops can be offered by any recognized mental health organization in Quebec

Vtckpkpi p ogpvnc gchv ugnh ocpdci ogbv uwrr tv (for intervention workers and health care professionals)

514 529-3081 ext. 5 javance@revivre.org www.revivre.org/javance.php

T T 5140 Saint-Jacques Street, Montreal, Quebec H3T 1J1
www.revivre.org

Toll-free support line available in French and English
Modèle de demande de renseignements
- revivre.org
- Discussion forums (English and French) on revivre.org forum
- Fact sheets, brochures, books and audio-visual material

Participants from other countries are welcome to share their experiences and offer mutual support in a welcoming and respectful environment
entraide@revivre.org

Self-Management Support Program for anxiety, depression and bipolar disorder

Workshop

- Self-Management of Anxiety
- Self-Management of Bipolar Disorder
- Self-Management of Depression
- Self-Management of Self-Esteem
- Self-Management of Anxiety and Mood Disorders in the Workplace

514 529-3081 ext. 2 • atelier@revivre.org

These workshops can be offered by any recognized mental health organization in Quebec

Vtckpkpi p ogpvnc gchv ugnh ocpdci ogbv uwrr tv (for intervention workers and health care professionals)

514 529-3081 ext. 5 javance@revivre.org www.revivre.org/javance.php

T T 5140 Saint-Jacques Street, Montreal, Quebec H3T 1J1
www.revivre.org