

Irritable Bowel Symdrome



Join our Long Term Health Conditions team for a psychoeducational group on Irritable Bowel Syndrome (IBS).

A new workshop to help individuals with IBS manage their symptoms and mental health. The group will consist of six one-hour sessions and will cover several topics.

The goal of the group is to improve mental health and IBS symptoms. The group will be led by two practitioners and conducted via Microsoft Teams.









Refer yourself by scanning the QR code

