

ANXIETY RECOVERY GROUP

An eight week program focused on helping to manage anxiety more effectively. This group will help participants to understand what anxiety is, develop coping/relaxation skills, decrease physical anxiety symptoms, overcome anxious thinking, reduce avoidance of anxious situations and feel more confident, using a cognitive behavioural treatment (CBT) approach. Topics include **common triggers, relaxation skills, self talk, assertiveness skills** and *more*.

Wednesdays 1:00-3:00pm **CMHA Peel Dufferin office**
October 30-December 18, 2019 **1 Elizabeth St, suite L2**
Orangeville

Registration is required, contact
Central Intake: (905) 451-2123
intake@cmhapeel.ca



Canadian Mental
Health Association
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Mental health for all

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