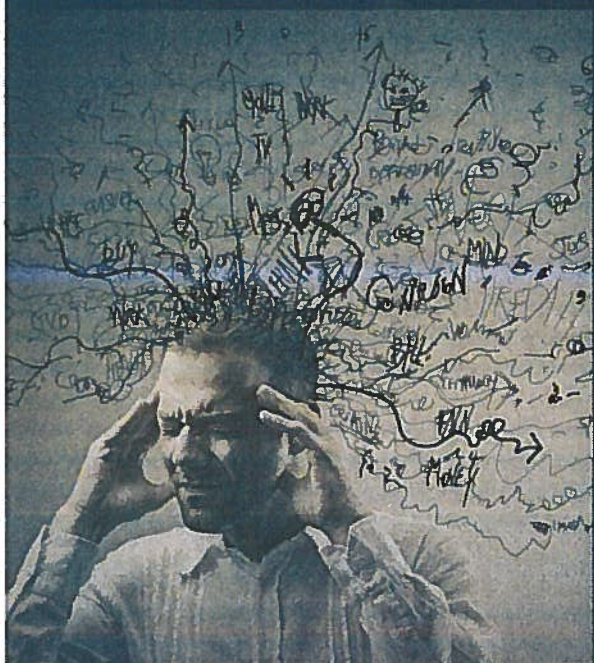




# MANAGING ANXIETY

An 8-week group  
beginning October 17

Tuesdays / 7 - 9 PM  
Employment Service  
3025 Petawawa Blvd. Unit E



- Use a Cognitive Behavioural Approach to gain a better understanding of your anxiety
- Learn strategies and tools to better manage symptoms
- Understand the connection between thoughts, feelings and behaviours and how they relate to anxiety
- Practice relaxation exercises to decrease your anxiety symptoms



Register with Chris Quigley by  
calling (613) 687-2104 ext. 224