

Anxiety Awareness Therapy Group

FOR ADULTS DEALING WITH GENERALIZED ANXIETY DISORDER



GROUP MEETS WEDNESDAY AFTERNOONS

Time: 1:30 to 3:30 PM

Dates: April 25 - June 13, 2018

Location: 233 Cameron St., Corunna, ON

To Register: Ask your primary care provider for a referral

The program will provide tools for **adults (18 and over)** living with and managing anxiety in day-to-day life. Group members can expect to learn coping skills and strategies for dealing with Generalized Anxiety Disorder.

The group will be lead by:

Kelly Powers, Registered Social Worker



Rapids

Family Health Team