



For adults 21+ years of age

# CONQUERING ANXIETY

Wednesdays  
Feb. 21 – Apr. 25, 2018  
5:30pm – 7:30pm

Interested participants will be booked for a half hour pre-group interview.

**DO YOU HAVE ANXIETY?**

**IS YOUR ANXIETY OVERWHELMING?**

**DOES IT INTERFERE WITH YOUR DAILY FUNCTION?**

If so, join this 10 week supportive group to learn more about:

- Understanding anxiety
- Identifying thoughts associated with it
- Recognizing anxiety triggers
- Developing new strategies of overcoming anxiety

For more information or to register, please contact Ketrina at (905) 303-8490 Ext. 146

9401 Jane Street, Suite 106  
Vaughan ON, L6A 4H7  
[www.vaughanhealthcarehc.com](http://www.vaughanhealthcarehc.com)