



Group for Emotional Regulation

STRATEGIES TO REDUCE ANXIETY AND DISTRESS

The group helps individuals:

Know they are not alone in their distress and that others struggle with similar issues.

Share information and learn from each other.

Experience a safe place within which to practice new skills.

Every week/session a new technique will be introduced and practiced to help you with reducing your anxiety and having more self-regulation.

Date & Time

Thursdays 10:30 a.m. -12 p.m.

Aug 6, 20, 27, Sept 3, 10, 17, 24, Oct 1.

Location

Zoom

Fee

\$10 per session

Sliding scale available. Please let us know when you register.

Registration

Registration is open until August 18. Please call Family Service Toronto, Service Access Unit at 416.595.9618



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United Way
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