

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. Members will not be allowed in the group if they skip the first two sessions since the material and practice of it is build up on each session.

Group for Emotional Regulation

Date & Time

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

May 12, 19, 26; June 9, 16, 23, 2022

Location

Zoom

Fee

Sliding scale

\$5 – \$80 per session

Registration

Prescreening required at registration time.

Please call Family Service Toronto, Service Access Unit

416.595.9618



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