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.

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