

Group for Emotional Regulation

Strategies to Reduce Anxiety and Stress

This six-week 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 16 – June 20, 2024

Location

Zoom

Fee

Sliding scale

starting at \$10 per session

Registration

Prescreening required at registration time.

Please call Family Service Toronto, Service Access Unit

416.595.9618



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