

STRATEGIES TO REDUCE ANXIETY AND DISTRESS

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.

Group for Emotional Regulation

Date & Time

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

April 10 to May 17, 2025

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



FAMILY SERVICE TORONTO
For People. For Change.



United Way
Greater Toronto