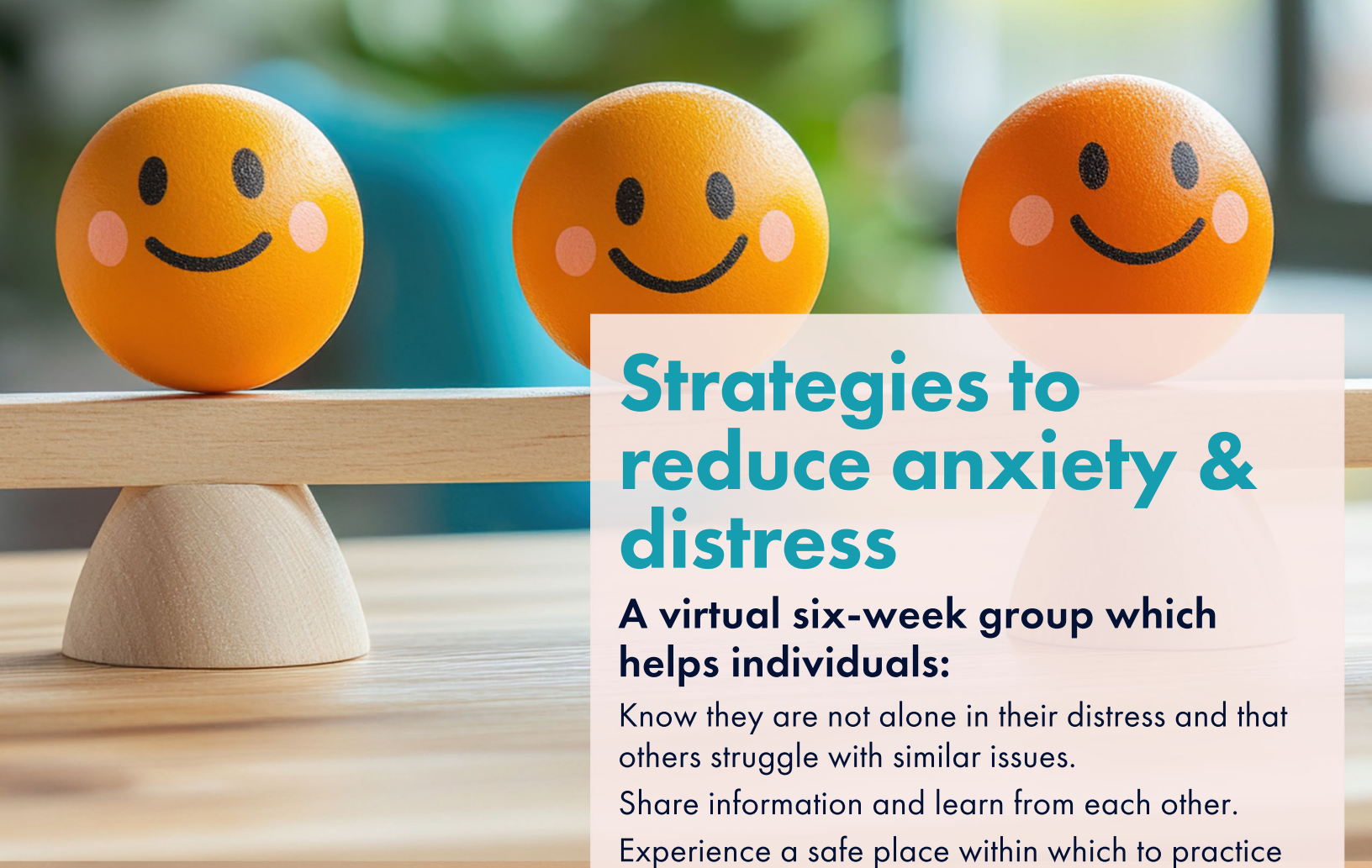

Group for Emotional Regulation

Strategies to reduce anxiety & distress

A virtual six-week group which 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.

Details

Offered on Zoom in the New Year 2026.

Dates to be announced.

Cost

Sliding scale based on income and family size.

If interested, sign up for a pre-screening session at:

sau@familyservicetoronto.org

416.595.9618

FAMILY SERVICE TORONTO
For People. For Change.

United Way Greater Toronto