



Group Support for Anxiety Management

If you struggle with anxiety and want to learn tools to manage the anxiety, this is the program for you! In this 8 week workshop, we will be looking at three key areas associated with anxiety management, as well as practicing skills that are proven to help you regain a sense of control.

Key points:

- Anxiety to Calm is offered virtually, via Zoom
- Meetings are weekly, lasting no more than 90 minutes
- This program is offered in an inclusive and inviting group environment
- Each group will have no more than 10 participants

Interested?

Email allegra.taylor@bigcountrypcn.com
or Call: 403-820-1423

Workshop Dates

TUESDAYS (4:30 - 6:00 PM)

Week #1

JANUARY 18, 2021

Week #2

JANUARY 25, 2021

Week #3

FEBRUARY 1, 2021

Week #4

FEBRUARY 8, 2021

Week #5

FEBRUARY 15, 2021

Week #6

FEBRUARY 22, 2021

Week #7

MARCH 1, 2021

Week #8

MARCH 8, 2021

REGISTRATION CLOSES JANUARY 3, 2021 FOR THIS WORKSHOP