



Anxiety Management Group

This psycho-educational group is for individuals who experience challenges managing their anxiety and anxiety-related symptoms. Individuals will gain awareness to help manage anxiety in an accepting and mindful way, by learning concrete tools from dialectical behaviour, cognitive-behavioural, and compassion-focused therapies.

Participants can expect to:

- Develop a basic understanding of anxiety and anxiety-related symptoms
- Know the purpose of our emotions and our reactions to them
- Gain insight into how anxiety is connected to the past
- Learn the importance of self-care and personal wellness in managing anxiety
- Balance self-acceptance and change while working toward goals
- Foster mindfulness and alternative anxiety-managing techniques
- Develop alternative and more adaptive patterns of thought, feeling, and behaviour
- Replace shame and self-criticism with more accurate and productive attitudes
- Participate in experiential exercises to increase self-awareness, self-acceptance, and self-compassion
- Identify how personal values and aligned action can reduce anxiety

A half-hour face-to-face assessment interview will be conducted prior to determine suitability for the program.

This group will occur on a weekly basis over a period of 8 weeks for 2 hours once/week. Cost for the group is \$560.00 plus \$80.00 for the assessment and can be covered by most insurance plans. Group facilitators are Sonia Myre, MA, RP, CCC and Wesley Moore, MEd., RP, CCC.

For more information on the group and start dates, please contact either Sonia at 613-327-6865/soniamyre@dbtottawa.com or Wes at 613-421-9960/wes.moore@corepsychotherapy.ca