



Invest in YOU: Manage Anxiety with Compassion and Care

This **in-person group program is for individuals (18+)** who experience challenges managing anxiety and engaging in self-compassion. Members will learn concrete and experiential tools from dialectical behaviour and cognitive-behavioural therapies, in combination with self-compassion practices and somatic techniques.

Beginning **March 2025**, the program will be offered in two parts with a break in-between. Each part will be over **4 weeks**, with each weekly session lasting **2 hours**. **Part 1** will have a psychoeducational focus, while **Part 2** will be more practical and build on concepts learned in Part 1. An outline is provided below:

Part 1 (March 11-April 1, 2025)

- Develop a basic understanding of anxiety
- Understand the purpose of 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
- Foster mindfulness
- Balance self-acceptance and change while working toward goals

Part 2 (April 22-May 13, 2025)

- Acquire tools to self-regulate anxiety and other uncomfortable emotions
- Learn skills to develop adaptive patterns of thought, feeling, and behaviour
- Reduce shame and self-criticism
- Increase self-awareness, self-acceptance, and self-compassion
- Identify how personal values and aligned action can reduce anxiety

Participants can register for both parts, or one. It is highly recommended however that participants attend both to ensure those registering for **Part 2** only have a foundation of concepts covered in **Part 1**. A **half-hour assessment** interview will be conducted prior to determine suitability for the program.

The group fee is **\$400.00** for each part (**\$800** total for both) plus **\$87.50** for the assessment and can be covered by most insurance plans. Group facilitators are Wesley Moore, MED., RP, CCC, SEP and Sonia Myre, MA, RP, CCC.

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