STARTS
JAN
25

Alleviating Anxiety:
Cognitive Behavioural Therapy Strategies for Stress and Anxiety

Learn strategies to manage stress and anxiety

This CBT and mindfulness-based seminar is designed to help you better understand anxiety, its causes, and the factors that maintain it. Throughout this seminar we will introduce you to a number of strategies designed to alleviate anxiety in the moment, challenge your anxious thoughts, and change behaviours that maintain your anxiety. You will receive an in-depth handout with various strategies for you to try over the coming weeks, some which we will practice during the seminar.

WHEN

Thursday, January 25, 2018
5:00 p.m. to 7:00 p.m.
Facilitated by Ava Agar, M.A., Ph.D. Candidate
Thursday, February 15, 2018
5:00 p.m. to 7:00 p.m.
Facilitated by Sue Fraser, M.S.W., R.S.W.
Thursday, March 8, 2018
5:00 p.m. to 7:00 p.m.
Facilitated by Ava Agar, M.A., Ph.D. Candidate
Wednesday, March 28, 2018
5:00 p.m. to 7:00 p.m.
Facilitated by Sue Fraser, M.S.W., R.S.W.
Thursday, April 12, 2018
5:00 p.m. to 7:00 p.m.
Facilitated by Ava Agar, M.A., Ph.D. Candidate

WHERE

Wednesday Meetings
Counselling Services
Needles Hall North
2nd Floor, Room 2447

Thursday Meetings
Health Services
2nd Floor, Room 2302

Register today on LEADS

uwaterloo.ca/campus-wellness/events

UNIVERSITY OF WATERLOO

PLEASE RECYCLE TEMPLATE 004