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**

**Wednesday, May 9, 2018**
1:00 p.m. to 3:00 p.m.
Facilitated by Gursharan Kahlon, M.S.W., R.S.W.

**Thursday, June 7, 2018**
5:00 p.m. to 7:00 p.m.
Facilitated by Sue Fraser, M.S.W., R.S.W.

**Wednesday, July 4, 2018**
1:00 p.m. to 3:00 p.m.
Facilitated by Gursharan Kahlon, M.S.W., R.S.W.

**Thursday, August 2, 2018**
5:00 p.m. to 7:00 p.m.
Facilitated by Sue Fraser, M.S.W., R.S.W.

**WHERE**

**Wednesday Meetings**
Health Services
2nd Floor, Room 2302

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

Register today on LEADS
uwaterloo.ca/campus-wellness/events