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.

Facilitated by Gursharan Kahlon, M.S.W., R.S.W.

**WHEN**

- **Monday, September 17, 2018**
  1:00 p.m. to 3:00 p.m.
- **Thursday, October 18, 2018**
  5:30 p.m. to 7:30 p.m.
- **Tuesday, November 20, 2018**
  2:00 p.m. to 4:00 p.m.
- **Wednesday, December 12, 2018**
  5:00 p.m. to 7:00 p.m.

**WHERE**

Health Services
2nd Floor, Room 2302

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