Alleviating Anxiety: 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.

Facilitated by Gursharan Kahlon, M.S.W., R.S.W., Susan Corkill, MA, RP and Kristina Schwalm, M.S.W, R.S.W and Melissa Zettel, M.S.W., R.S.W.

**WHEN**

**Wednesday, September 25, 2019**
1:00 p.m. to 3:00 p.m.

**Thursday, October 10, 2019**
5:00 p.m. to 7:00 p.m.

**Thursday, October 24, 2019**
5:00 p.m. to 7:00 p.m.

**Thursday, November 7, 2019**
5:00 p.m. to 7:00 p.m.

**Tuesday, November 19, 2019**
1:00 p.m. to 3:00 p.m.

**Thursday, December 12, 2019**
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