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., Apryl Fyfe, M.S.W, Jordana Varey, Kristina Schwalm, M.S.W, R.S.W and Melissa Zettel, M.S.W., R.S.W.

**WHEN**

**TUESDAY, JANUARY 14, 2020**
1:30 p.m. to 3:30 p.m.

**THURSDAY, JANUARY 30, 2020**
5:00 p.m. to 7:00 p.m.

**THURSDAY, FEBRUARY 13, 2020**
5:00 p.m. to 7:00 p.m.

**THURSDAY, FEBRUARY 27, 2020**
5:00 p.m. to 7:00 p.m.

**TUESDAY, MARCH 10, 2020**
1:30 p.m. to 3:30 p.m.

**TUESDAY, MARCH 31, 2020**
1:30 p.m. to 3:30 p.m.

**THURSDAY, APRIL 16, 2020**
5:00 p.m. to 7:00 p.m.

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