Overcoming Anxiety:
A Cognitive-Behavioural Therapy Group

What is cognitive-behavioural therapy?
CBT is a widely used, evidence-based approach to treating anxiety. This approach can help you understand the relationship between your feelings, thoughts, and behaviours, and how these experiences interact to maintain anxiety. The focus of CBT is: The identification of the specific thoughts, beliefs, and behaviours that maintain your anxiety; the introduction of strategies for challenging thoughts and beliefs as well as changing behaviour to reduce anxiety; and the use of mindfulness for improved coping.

More details
› This program can help you reduce anxiety, improve your ability to continue facing your fears, and give you an increased ability to cope with anxiety and other difficult emotions.
› This group is led by Ava Agar, M.A., Ph.D. Candidate and runs for 8 weekly sessions.
› Note: This group will not meet on Tuesday, February, 20, 2018.
› This group is open to registered students of University of Waterloo.

When
Tuesday, January 30, 2018
1:30 p.m. to 3:00 p.m.

Where
Health Services
2nd Floor, Room 2302

Registration is by referral. Learn more:
uwaterloo.ca/campus-wellness