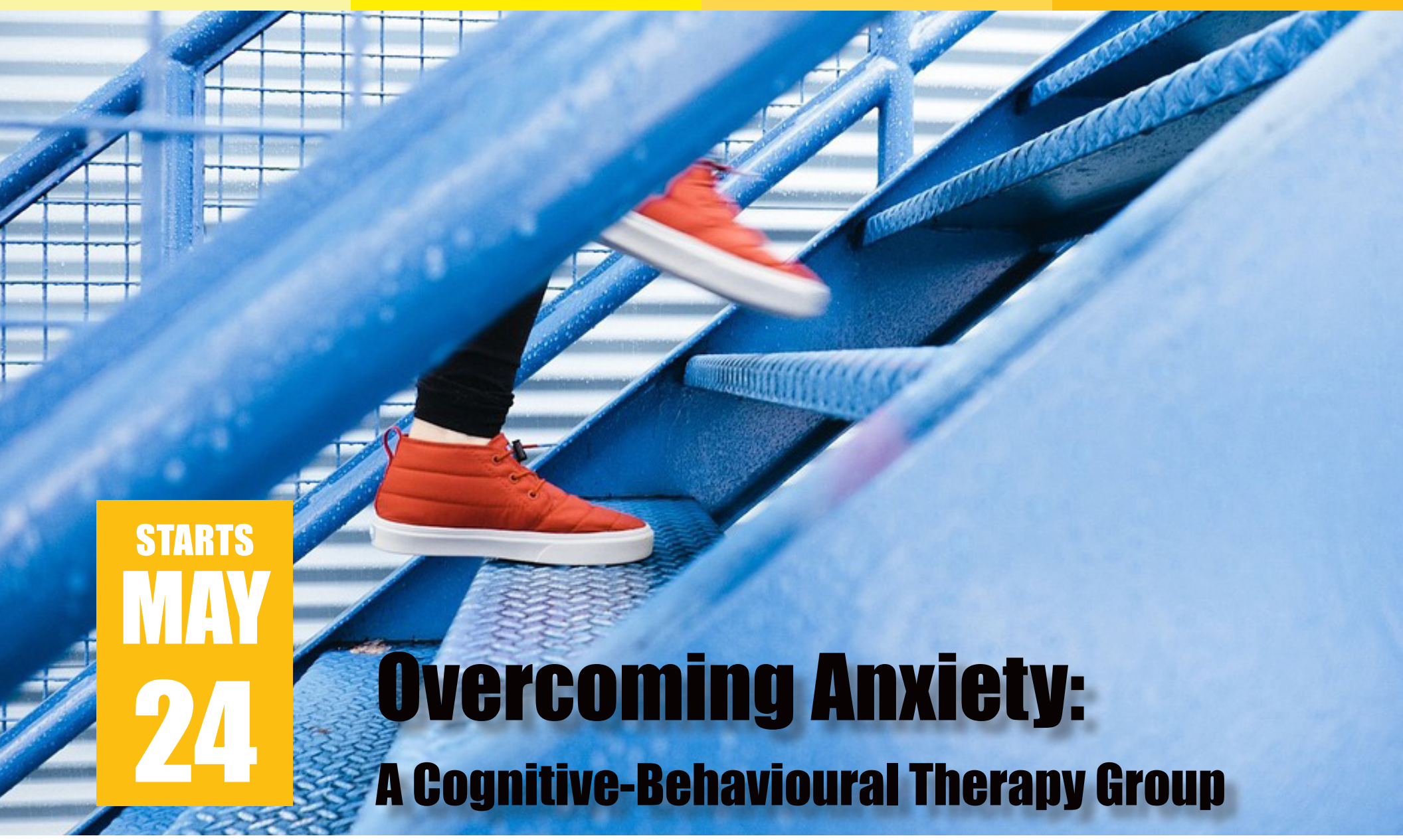

STARTS
MAY
24

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 Meagan Yarmey PhD, RSW, RP and runs for 8 weekly sessions.

› This group is open to registered students of University of Waterloo.

WHEN

Thursday May 24, 2018
10:00 a.m. to 11:30 a.m.

WHERE

Counselling Services
Needles Hall North
Second Floor

Registeration is by referal. Learn more:

uwaterloo.ca/campus-wellness/

UNIVERSITY OF WATERLOO

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