

# ANXIETY ~ SKILLS & STRATEGIES



*a short program*

*introducing techniques and sharing information  
to decrease the uncomfortable sensations of anxiety*

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**September group** - 3 Thursdays at noon, 12:00 - 1:00 pm in Room 332 UC, starting Sept 27

**October group** - 3 Tuesdays at noon, 12:00 - 1:00 pm in Room 430 UC, starting Oct 23

**November group** - 3 Monday evenings, 7:00 - 8:00 pm in Room 430 UC, starting Nov 5

Fees: \$ 10 for University of Guelph students (due to U of G Student Health Services subsidy)  
\$ 30 for members of USW Local 4120 (due to Local 4120 subsidy)  
\$ 60 for all others

*with Kathy Somers  
at the Stress Management & High Performance Clinic*

**[www.SelfRegulationSkills.ca](http://www.SelfRegulationSkills.ca)**

**519 824-4120, ext. 52662**