



a short program to decrease the uncomfortable sensations of anxiety

MID-DAY group

Mondays, 12:30 - 1:30 pm

JANUARY 27, February 3 & 10

in Room 332 UC

EVENING group

Mondays, 7:00 – 8:00 pm

MARCH 2, 9 & 16

in Room 332 UC

Fee : \$ 10.00 for U of G students, due to Student Health Services subsidy
\$ 30.00 for members of USW Local 4120, due to Local 4120 subsidy
\$ 60.00 for all others

For more information, or private training, visit www.SelfRegulationSkills.ca
or leave a message at the Stress Management Clinic 519 824-4120 ext. 52662