



ANXIETY
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SKILLS
&
STRATEGIES

starts on **February 26**

a short program

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

Tuesday evenings

7:00 - 8:00 pm

3 sessions : February 26, March 5, and 12,
in Room 430 University Centre

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.