

ANXIETY ~ SKILLS & STRATEGIES



starts on **MARCH 12**

a short program

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

Tuesdays at noon
12:00 - 1:00 pm

3 sessions : March 12, 19, and 26,
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.