



*a short program to decrease the uncomfortable sensations of anxiety*

### **NOON group**

Thursdays, 12:00 - 1:00 pm

**SEPTEMBER 26, October 3 & 10**

in Room 332 UC

### **EVENING group**

Mondays, 7:00 – 8:00 pm

**NOVEMBER 4, 11 & 18**

in Room 334 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](http://www.SelfRegulationSkills.ca)  
or leave a message at the Stress Management Clinic 519 824-4120 ext. 52662