

Anxiety During COVID

Education + Support Group

Facilitated by Anna Wiebe, MSW, RSW



For individuals experiencing anxiety
in relation to the COVID-19 pandemic

Friday's 12:00pm-1:30pm
From April 9th - May 28th, 2021

Topics will include...

- Mindfulness and self-care skills
- Education on anxiety
- Challenging our beliefs
- Emotion regulation and distress tolerance
- Committing to action

This group will meet
virtually. You will
need a device that
connects to the
internet and a
private space to
participate.

For more information or to register: Call (519) 578-2100 ext. 209

**PLEASE NOTE THIS GROUP IS OPEN TO PATIENTS OF THE CFFM-FHT
AND THE CFFM-FHT PARTNERSHIP FOR MENTAL HEALTH SERVICES**