

# Anxiety During COVID

## Education + Support Group

Facilitated by Anna Wiebe, MSW, RSW



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

7-week program:

Mondays at 1:00-2:30

November 1, 8, 15, 22, 29, December 6, 13

### Topics will include...

- Mindfulness and self-care skills
- Education on anxiety
- Challenging our thoughts
- Emotion regulation and distress tolerance
- Interpersonal effectiveness
- Radical acceptance

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

To inquire about registration please call 519-578-2100 ext. 209

**PLEASE NOTE THIS GROUP IS OPEN TO PATIENTS OF CFFM, NEW VISION FAMILY HEALTH TEAM, KW 4, AND TWO RIVERS FAMILY HEALTH TEAM**



*The Centre for Family Medicine*

**Family Health Team**