St. Joseph's Healthcare Hamilton

ATRC Information and Support Group

A group for patients waiting for treatment

Winter 2016 Schedule

ANXIETY Treatment & Research CENTRE

- **Have you already had your first assessment and follow up at the ATRC?**
- **Have you been recommended for CBT a treatment at the ATRC that has not begun yet?**
- **Do you have questions or concerns about your anxiety or your upcoming treatment?**
- **Would you like to speak with people who have also gone through CBT?**

*If you answered **YES** to any of these questions, we invite you to attend the Anxiety Treatment and Research Clinic's Information and Support Group.*

Last Tuesday of the Month - 3:30-4:30 pm

January 26th, February 23th, March 29th, April 26th

Please Note: December's session is on Wed. Dec 30th from 3:30-4:30pm

- *Learn about CBT*
- *Hear from others who have completed CBT for an anxiety disorder*
- *Come with your questions about group therapy*
- *Learn about different anxiety disorders*

Feel free to bring a family member or friend for support!

All groups will be held in the Conference Room (B192) at the ATRC
100 West 5th Street, Level 1
Hamilton, ON L8N 3K7

Registration is encouraged but not necessary

For more information please contact:
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