Booster Group for Clients with Panic, Social Anxiety, or Excessive Worry

The Booster Group is designed for clients who recently completed treatment at the Anxiety Treatment and Research Centre (ATRC) for Panic Disorder, Social Phobia, or Generalized Anxiety Disorder. The group occurs monthly.

The sessions are facilitated by Karen Rowa, Dee Gavric, Jennifer Robinson, and Elizabeth Pawluk. For more information, please call Lisa Di Nardo, Group Treatment Coordinator at (905) 522-1155, ext. 32168.

Goals

- Prevent relapse
- Address remaining symptoms
- Help with continued exposure practice

How we go About This

- Reinforce Skills: We review and practice the skills learned during the treatment sessions. Members are encouraged to support each other and help one another problem solve. Members are also expected to set exposure-based homework each session and complete it between sessions.

The booster group is held at the ATRC at the West 5th Campus of St. Joseph's Healthcare (100 West 5th Street) on **WEDNESDAYS from 3 to 5 pm.**

The Monthly Schedule is as follows:

Wednesday, January 31, 2018

Wednesday, February 28, 2018

Wednesday, March 28, 2018

Wednesday, April 25, 2018

Wednesday, May 30, 2018

Wednesday, June 27, 2018

Wednesday, July 25, 2018

Wednesday, August 29, 2018

Wednesday, September 26, 2018

Wednesday, October 31, 2018

Wednesday, November 28, 2018

Wednesday, December 19, 2018