

BOOSTER GROUP FOR CLIENTS WITH PANIC, SOCIAL ANXIETY, OR EXCESSIVE WORRY

The Booster Group is designed for clients who have 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 a team of ATRC clinicians. For more information, please call: Lisa Di Nardo, Group Treatment Coordinator, at (905) 522-1155, ext. 32168.

GROUP GOALS

- Maintain gains and prevent relapse
- Address remaining anxiety symptoms
- Help with continued CBT skills 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:

Date	Topic
Wednesday, January 29, 2020	Anxiety 101
Wednesday, February 26, 2020	Thought Records
Wednesday, March 25, 2020	Safety Behaviours
Wednesday, April 29, 2020	Exposure Therapy
Wednesday, May 27, 2020	Intolerance of Uncertainty
Wednesday, June 24, 2020	Perfectionism
Wednesday, July 29, 2020	Thought Records
Wednesday, August 26, 2020	Exposure Therapy
Wednesday, September 30, 2020	Open Ended – Topic TBD
Wednesday, October 28, 2020	Problem Solving
Wednesday, November 25, 2020	Assertiveness
Wednesday, December 16, 2020	Social Gathering/Social Exposure