

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.

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 on the last **WEDNESDAY** of each month from **3:30 to 5:00 pm**.

*All Booster groups are facilitated virtually until further notice. Please contact the clinic at **(905) 522-1155 ext 35377** to register

The monthly schedule is as follows:

Date	Topic
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
Wednesday January 27, 2021	Anxiety 101
Wednesday February 24, 2021	Thought Records
Wednesday March 31, 2021	Safety Behaviours
Wednesday April 28, 2021	Exposure Therapy
Wednesday May 26, 2021	Intolerance of Uncertainty
Wednesday June 30, 2021	Perfectionism
Wednesday July 28, 2021	Thought Records
Wednesday August 25, 2021	Exposure Therapy
Wednesday September 29, 2021	Open Ended-Topic TBD
Wednesday October 27, 2021	Problem Solving
Wednesday November 24, 2021	Assertiveness
Wednesday December 15, 2021	Social Gathering/Social Exposure