

ATRC Family Education Group

A family member only group



- Do you have a family member with an anxiety disorder?
- Are you looking for more information to help care for your family member?
- Are you 18 years of age or older?
- Is your family member currently receiving treatment at the ATRC or waiting to be seen?

If you answered **YES** to these questions, we invite you to attend the **Anxiety Treatment and Research Centre's family education group**.

The ATRC recognizes that an anxiety disorder affects not only the *individual* but also the family. The **purpose** of this educational group is to provide a friendly and safe group opportunity to connect and educate family members on the symptoms, treatments, medications, community resources and coping strategies for individuals with anxiety disorders.

When: Thursday, March 5th, 2020 **6-8pm**

Where: Anxiety Treatment and Research Clinic–Level 1
St. Joseph's Healthcare, West 5th Campus
100 W5th St., Hamilton, ON



5:45-6:00 pm	Registration and Welcome
6:00-8:00pm	Answers to family members' questions about ATRC services <ul style="list-style-type: none"> • <i>What does the ATRC do?</i> • <i>What's involved in Cognitive Behaviour Therapy (CBT) for different anxiety disorders?</i> • <i>What additional services are available after treatment, at the ATRC , St. Joe's and Community?</i> • <i>Information about the Patient and Family Collaborative Support Services</i>

Please register by Monday March 2nd, 2020:

Carrie Bullard, RN CNS (905) 522-1155 ext 35380

Jennifer Robinson, MSW RSW (905) 522-1155 ext 39861

Carla Carubba, Family Liaison Peer Support Worker, (905) 522-1155 ext 35599