

Virtual Family Education Group

A family member only group

ANXIETY
Treatment
Research
CENTRE

- 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.

Thursday, May 13th, 2021 5-6 pm

****Please register by Monday May 10th, 2021****

This on-line session will provide information to family members about:

- *What does the ATRC do?*
- *What's involved in Cognitive Behaviour Therapy (CBT) for different anxiety disorders?*
- *What additional services are available after treatment, at the ATRC, St. Joe's and Community?*
- *Information about the Patient and Family Collaborative Support Services*



**To Register Please Contact Reception at the
ATRC:**

(905) 522-1155 ext. 35377