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