

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: Saturday, October 5th, 2019 **9am-12pm**
Where: Anxiety Treatment and Research Clinic–Level 1
 St. Joseph's Healthcare, West 5th Campus
 100 W5th St., Hamilton, ON



SCHEDULE:

8:45-9:00	Registration and Welcome
9:00-10:15	<ul style="list-style-type: none"> • Answers to family members' questions about ATRC services <i>What does the ATRC do?</i> <i>What's involved in Cognitive Behaviour Therapy (CBT) for different anxiety disorders?</i>
10:15-10:45	<ul style="list-style-type: none"> • Break (tea/coffee and snacks provided) • Exploring the Family Resource Centre at St. Joe's (Level 1)
10:45-11:45	<ul style="list-style-type: none"> • <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> • Open discussion
11:45-12:00	Evaluation and closing remarks

Please register by Thursday October 3rd, 2019:

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