

VIRTUAL 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 |
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| Wednesday November 29th, 2023 | Assertiveness |
| Wednesday December 13th, 2023 | Social Gathering/Social Exposure |
| Wednesday January 31st, 2024 | Anxiety 101 |
| Wednesday February 28th, 2024 | Thought Records |
| Wednesday March 27th, 2024 | Safety Behaviours |
| Wednesday April 24th, 2024 | Exposure Therapy |
| Wednesday May 29th, 2024 | Intolerance of Uncertainty |
| Wednesday June 26th, 2024 | Perfectionism |
| Wednesday July 31st, 2024 | Thought Records |
| Wednesday August 28th, 2024 | Exposure Therapy |
| Wednesday September 25th, 2024 | Open-Ended Topic - TBD |
| Wednesday October 30th, 2024 | Problem Solving |
| Wednesday November 27th, 2024 | Assertiveness |
| Wednesday December 18th, 2024 | Social Gathering/Social Exposure |