

# 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:

<b>Date</b>	<b>Topic</b>
<b>Wednesday November 30<sup>th</sup>, 2022</b>	<b>Assertiveness</b>
<b>Wednesday December 14<sup>th</sup>, 2022</b>	<b>Social Gathering/Social Exposure</b>
<b>Wednesday January 25<sup>th</sup>, 2023</b>	<b>Anxiety 101</b>
<b>Wednesday February 22<sup>rd</sup>, 2023</b>	<b>Thought Records</b>
<b>Wednesday March 29<sup>th</sup>, 2023</b>	<b>Safety Behaviours</b>
<b>Wednesday April 26<sup>th</sup>, 2023</b>	<b>Exposure Therapy</b>
<b>Wednesday May 31<sup>th</sup>, 2023</b>	<b>Intolerance of Uncertainty</b>
<b>Wednesday June 28<sup>th</sup>, 2023</b>	<b>Perfectionism</b>
<b>Wednesday July 26<sup>th</sup>, 2023</b>	<b>Thought Records</b>
<b>Wednesday August 30<sup>st</sup>, 2023</b>	<b>Exposure Therapy</b>
<b>Wednesday September 27<sup>th</sup>, 2023</b>	<b>Open-Ended Topic - TBD</b>
<b>Wednesday October 25<sup>th</sup>, 2023</b>	<b>Problem Solving</b>
<b>Wednesday November 29<sup>th</sup>, 2023</b>	<b>Assertiveness</b>
<b>Wednesday December 13<sup>th</sup>, 2023</b>	<b>Social Gathering/Social Exposure</b>