

## **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 Clinic (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 **3:30pm to 5:00pm**.

\*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 27<sup>th</sup>, 2024</b>	<b>Assertiveness</b>
<b>Wednesday, December 18<sup>th</sup>, 2024</b>	<b>Social Gathering/Social Exposure</b>
<b>Wednesday, January 29<sup>th</sup>, 2025</b>	<b>Anxiety 101</b>
<b>Wednesday, February 26<sup>th</sup>, 2025</b>	<b>Thought Records</b>
<b>Wednesday, March 26<sup>th</sup>, 2025</b>	<b>Safety Behaviours</b>
<b>Wednesday, April 30<sup>th</sup>, 2025</b>	<b>Exposure Therapy</b>
<b>Wednesday, May 28<sup>th</sup>, 2025</b>	<b>Intolerance of Uncertainty</b>
<b>Wednesday, June 25<sup>th</sup>, 2025</b>	<b>Perfectionism</b>
<b>Wednesday, July 30<sup>th</sup>, 2025</b>	<b>Thought Records</b>
<b>Wednesday, August 27<sup>th</sup>, 2025</b>	<b>Exposure Therapy</b>
<b>Wednesday, September 24<sup>th</sup>, 2025</b>	<b>Open-Ended Topic - TBD</b>
<b>Wednesday, October 29<sup>th</sup>, 2025</b>	<b>Problem Solving</b>
<b>Wednesday, November 26<sup>th</sup>, 2025</b>	<b>Assertiveness</b>
<b>Wednesday, December 17<sup>th</sup>, 2025</b>	<b>Social Gathering/Social Exposure</b>