

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, February 27, 2016 9am -12pm

Where: Conference Room B192

Anxiety Treatment and Research Clinic, Level 1
St. Joseph's Healthcare, West 5th Campus
100 W5th St., Hamilton, ON



SCHEDULE:

9 am.	Welcome (tea/coffee and snacks provided)
9:15-10:00	What is Cognitive Behavioural Therapy (CBT) for anxiety disorders? – <i>open discussion</i>
10:00-10:15	BREAK
10:15-11:00	An overview of medications used to treat anxiety disorders – <i>open discussion</i>
11:00-11:30	“Caregiver Burnout” – coping strategies for family members
11:30-12:00	Closing and question period

Registration is mandatory:

Carrie Bullard, RN (905) 522-1155 ext 35380
Jennifer Robinson (905) 522-1155 ext 39861