



MOVING FORWARD MOMENT BY MOMENT: Understanding and living with anxiety

Learn about what is happening in your brain and body when you experience anxiety. Connect with others, remind yourself of the strengths you already have, and learn more tools to move forward. This group will cover cognitive-behavioural therapy (CBT), mindfulness, and narrative approaches.

Online group through zoom health.

Eight weekly sessions on Mondays from 12pm to 1:30pm

January 25, 2021 to March 22 (no group February 15)

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Sessions will include:

- ✓ What is anxiety? Why do I feel this now?
- ✓ Discussion of CBT, mindfulness, and narrative therapy
- ✓ Simple tools to use in different situations