ACT
LEARNING CENTRE

REGISTER TODAY

Resilient Minds
Anxiety Group

Build upon emotional awareness and self-regulation skills through a combination of psychoeducation discussions, sensory exploration, mindfulness and creative activities.

October 1 to November 5

Thursdays, 5 to 6:30 PM

Colonnade Clinic (Nepean)

To register, please visit
actlearningcentre.ca/group-programs/

Fee: $900

Groups are overseen by a Registered Social Worker and eligible for OAP and third-party insurance coverage.