

Anxiety During COVID

Education + Support Group

Facilitated by Anna Wiebe, MSW, RSW



For individuals experiencing anxiety
in relation to the COVID-19 pandemic

Offering two 4-week programs:

Wednesday June 2, 9, 16, 23 at 10:30am - 12:00pm

or

Thursday June 3, 10, 17, 24 at 6:30pm - 8:00pm

Topics will include...

- Mindfulness and self-care skills
- Education on anxiety
- Challenging our thoughts
- Emotion regulation and distress tolerance
- Radical acceptance

Our virtual workshops
are run using ZOOM
virtual platform.
Participants must
have access to a
computer, tablet or
smart phone and the
internet to participate.

To register please visit our website at www.newvisionhealth.ca

Go to the "Wellness Workshop Registration Form"
under the Online Services tab.