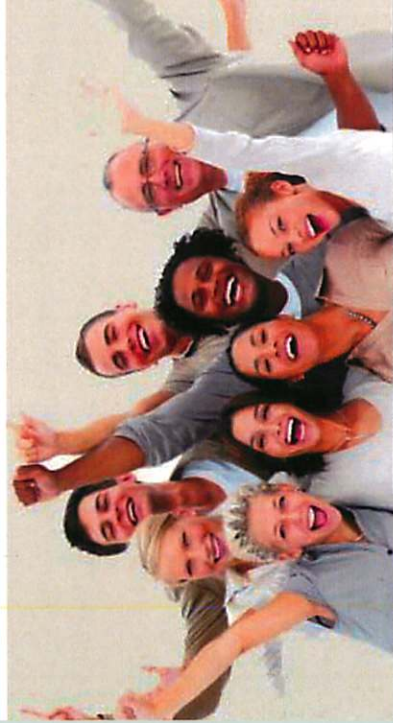


City of Kawartha Lakes

Family Health Team



Stressbusters!

www.ckfamilyhealthteam.com

705.328.9853



Ontario

Stressbusters!

Anxiety Education Group

We all encounter stress. You are not alone!

Anxiety is the most common psychological difficulty and learning about stress is the first step in treating stress.

Stressbusters! is an education and a discussion group led by our team's clinical psychologist. This group is for anyone who wishes to feel more relaxed and better manage stress in their life whether at work, in their family, or in response to life's events and changes.

Participants will have the opportunity to learn some of the latest information about the causes and treatments of stress and anxiety. Proven strategies to help you feel more comfortable and reduce the impact of stress and anxiety in your life will also be discussed.

The *Stressbusters!* anxiety education group meets weekly for 4 weeks.

Ask your family doctor or nurse practitioner if Stressbusters! may be right for you...

www.cklfamilyhealthteam.com