



*Scarborough Academic*

**Family Health Team**

# **C**ontrolling **A**nxiety **L**earning to **M**anage **(CALM)** **an Anxiety Treatment & Support Group**

Free 6 week group offers guidance, skills and support to Scarborough Academic Health Team's patients struggling with anxiety.

We will create a safe place for you to learn skills and make lifestyle changes necessary to achieve recovery. Coping skills are taught through psycho-educational training, cognitive behavioural techniques and mindfulness based stress reduction.

**For more information  
speak with your family doctor**

**6 Wednesdays**

**Jan. 21 – Feb. 25, 2015**

**10:00am – 12:00am**

**Scarborough Academic Family Health Team**

**2330 Kennedy Road, Suite 320**

**Scarborough, ON M1T 0A2**

**Call 416-690-5180  
ext. 117 to register**