

Our Community Means the World to Us

Scarborough Academic

Family Health Team



Controlling Anxiety Learning to Manage (CALM) an Anxiety Treatment & Support Group



Free 6 week group offers guidance skills and support to 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 Tuesdays (6:30-8:30pm)

November 7, 14, 21, 28 & December 5, 12 - 2017

Oakridge Junior Public School

110 Byng Avenue, Scarborough, ON M1L 3P1

(Pharmacy Avenue/Danforth Avenue)

TO REGISTER CALL OR EMAIL

Tel: 416-690-5180 or Email: booking@safht.ca

