



416 Community Support for Women a program of LOFT
Community Services presents a FREE Change Room Event

Anxiety and Worry

Strategies for Understanding and Managing Your Anxious Thoughts

Informed by the latest psychological research, this talk will: review where worry comes from and how it is maintained, provide tips for noticing when worry is a problem, and describe evidence-based strategies for managing worry. Attendees will leave with a better understanding of worry and how to control it.

Thursday June 15, 2017

Doors open at 1:45

workshop will run from 2:00-3:00

519 Church Street, Toronto, ON

Please RSVP to Tia at tclark@loftcs.org or 416 928 3334 #223