

# CBT GROUP THERAPY

## FOR ANXIETY



MindWorx  
Counselling

- **WHEN:**
  - EVERY WEDNESDAY FROM OCTOBER 1<sup>ST</sup> TO DECEMBER 17TH, 2025 (12 WEEKS) AT 6PM
- **ELIGIBILITY:**
  - EXPERIENCING ANXIETY WHICH IS INTERFERING WITH DAILY FUNCTION
  - RESIDENT OF ONTARIO, CANADA
  - OVER THE AGE OF 18
- **HOW TO REGISTER:**
  - CALL ONE OF THE NUMBERS BELOW OR EMAIL TO REGISTER.



**Nadia Perruzza, OT. Reg (Ont), CBT  
Psychotherapist**



**Stephanie Lowe, Psychotherapist  
and CBT Counsellor**

**CONTACT US:**

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**Location:**

Virtually via Microsoft Teams