

Anxiety to Resilience

CBT GROUP

ONLINE ADULT GROUP

DATE: SEPTEMBER 20TH, 2023

**Now offering Anxiety to Resilience Group Therapy using evidence-based techniques.
Cognitive Behavioural Therapy is the gold standard treatment for anxiety.**

Join us in this group format to learn about yourself, your brain and practical ways how to calm mild to severe anxiety. Clients will be pre-screened to ensure suitability for this group.

**To sign up or get more information please call (902) 412-1557 or message us at
admin@atclinic.ca**

Numbers	We can have up to 12 adult participants in our online group (Aged 18 +)
Therapists	Janice Hartley along with Tracy Reynolds and Amanda Murray Rice
Environment	The group sessions will take place online using Zoom Healthcare. Set up a comfortable place at home and bring any comfort items like a blanket, warm drink or have a pet nearby.
Cost	\$ 87.50 per session for a 8 week group (\$700 total HST included). Can be paid by group insurance or broken down into payment plan. Workbooks are an additional \$20 each
Date/ Time	Wednesdays starting September 20th, 2023 until November 8th, 2023 @ 6:00PM . Sessions are 1.5 hours each