



Panic and Anxiety Group for Women



Are you:

- Having difficulties relating to others?
- Experiencing stress and anxiety?
- Thinking negative thoughts more often than you want to?

We Can Help!

Mondays 1:00 - 3:00 pm
10 Sessions
Family Service Thames Valley
125 Woodward Avenue
London

You will learn

- To feel calmer and more relaxed
- How to reduce those panic attacks
- To be a more positive person

Have new strategies to stop
the process before it starts!!

▶▶▶ Call for more information and to
arrange a screening interview
519-433-0183

Sliding Fee Scale May Apply

www.familyservicethamesvalley.com

