



Stress and Anxiety Group for Men



Are you:

- Experiencing a lot of stress in your life?
- Relating to others in a negative way?
- Feeling out of control?

We Can Help!

You will learn

- A greater sense of well being
- To be more positive in your relationships to others
- New coping strategies to help you reach your goals

Mondays 6:30 - 8:30 pm
10 Sessions
Family Service Thames Valley
125 Woodward Avenue
London

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

Sliding Fee Scale May Apply

www.familyservicethamesvalley.com

Take back control of your life!!

