



Invest in YOU: Manage Anxiety with Compassion and Care

This **in-person group is for individuals (18+)** who experience challenges managing anxiety and engaging in self-compassion. Group members will learn concrete and experiential tools from dialectical behaviour and cognitive-behavioural therapies, in combination with self-compassion practices and somatic techniques.

Participants can expect to:

- Develop a basic understanding of anxiety
- Understand the purpose of emotions and our reactions to them
- Gain insight into how anxiety is connected to the past
- Learn the importance of self-care and personal wellness
- Balance self-acceptance and change while working toward goals
- Foster mindfulness
- Develop more adaptive patterns of thought, feeling, and behaviour
- Reduce shame and self-criticism
- Increase self-awareness, self-acceptance, and self-compassion
- Identify how personal values and aligned action can reduce anxiety

A half-hour assessment interview will be conducted prior to determine suitability for the program.

This **2-hour/session** group will occur weekly for **8 weeks**. The group fee is **\$800.00 (including HST) plus \$87.50 (including HST)** for the assessment and can be covered by most insurance plans. Group facilitators are Wesley Moore, MEd., RP, CCC, SEP and Sonia Myre, MA, RP, CCC.

For more information on the group, please **contact** either **Wes at 613-421-9960/wes.moore@corepsychotherapy.ca** or **Sonia at 613-327-6865/soniamyre@dbtottawa.com**.