

# Mental Health Group Treatment

Our treatment groups help individuals improve their mental wellness by learning coping skills. We operate a number of treatment groups for individuals who have concerns about mental health.

Participation in these groups is by self-referral only.

## Support Groups

### Anxiety and Panic Disorder Group

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For people who experience difficulties facing activities of daily living due to anxiety or phobia.

#### Fall and Winter Sessions Available

Sessions are held during fall and winter, during afternoon and evenings. Each group meets ten times. Participants must provide their own transportation, and there is a small fee to cover materials.

#### Topics Covered

- Why you respond to stress
- Symptoms of panic disorder
- Managing your fears
- How substance use affects anxiety
- Relaxation techniques
- How to change your thinking
- Effects of medication

#### Enrollment and Assessment

Only participants can sign themselves up for this group. **Family and friends cannot refer you.**

This referral process must be completed by phone. Call 905-688-2854 ext. 7262 to talk with an intake worker.

See examples of the types of questions asked during the self-assessment.

Learn more about anxiety and anxiety disorders on the Centre for Addiction and Mental Health website.

- Managing symptoms

## **Enrollment and Assessment**

Participants self-refer to this program.

An individual pre-screening interview is required to determine readiness and suitability for the group. Call 905-688-2854 ext. 7262 to speak with an intake worker.