

# Anxiety Management Group



## Where?

From the comfort of your own home!

## Who?

Anyone feeling like they may be wanting some extra coping tools and techniques. Anyone wanting to learn more about anxiety and how to manage it!

## How?

You will access the modules by creating a login and registering through the Anxiety Management MAPS program on [anxietycanada.com](http://anxietycanada.com). I will call every week to do a check in with you to make sure you are understanding the material or need to chat about anything!

Call the Red Coat Clinic at 306-642-4454 to join and clerical will pass your information on to me and I will be in touch!

Your doctor/NP can also send me a referral for you to join!

## When?

6 weeks with 6 units, one unit a week

## Why?

The world is chaotic place right now and you might be feeling like you have some trouble coping in different areas or some anxiety that you haven't felt before. While we cannot get rid of anxiety altogether, we can learn to better manage it and work with it!

## What do I need?

A computer, email address, internet connection, cell phone and the readiness to learn!

