



## **MOVING FORWARD MOMENT BY MOMENT: Understanding and living with anxiety**

Learn about what is happening in your brain and body when you experience anxiety. Connect with others, remind yourself of the strengths you already have, and learn more tools to move forward. This group will cover cognitive-behavioural therapy (CBT), mindfulness, and narrative approaches.

Online group through zoom health.

Eight weekly sessions on Mondays from 12pm to 1:30pm.

Group to start January 2021.

Funded by CFS Ottawa, no fee for participants.

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Sessions will include:

- ✓ What is anxiety? Why do I feel this now?
- ✓ Discussion of CBT, mindfulness, and narrative therapy
- ✓ Simple tools to use in different situations