

Anxiety is one of the most common mental health issues that Canadians suffer from, and unfortunately many people suffer alone (1). Anxiety can negatively affect our relationships, friendships, jobs, and our health.

People who struggle with anxiety often feel overwhelmed and unable to move forward in their lives. We would like to help you reduce your feelings of anxiety and experience a more peaceful mind.



To register call:

778-278-3411

or Email:

info@brookswoodcounselling.com

**Seats are limited.*

Peaceful Minds Anxiety Workshop



Mondays:

August 10th, 17th, 24th, 2015

Or

Wednesdays:

August 12th, 19th, 26th, 2015



**BROOKSWOOD
COUNSELLING**

Peaceful Minds Anxiety Workshop



Peaceful Minds therapy group is a 3-session workshop for adults (19 years of age and over) who have been diagnosed with an anxiety disorder or impacted by anxiety. The group will meet once a week for 3 weeks, and sessions will be 3 hours in duration. This is a closed group (no new members after the first session).

Location: Brookwood Counselling #107, 20103-40th Avenue Langley, BC V3A 2W3

Meeting times and dates: Starting August 10th, one group will be held in the evenings on Mondays and another group will be held in the mornings on Wednesdays.

Group A: Mondays (August 10th, 17th, 24th) from 6:00pm – 9:00pm

Group B: Wednesdays (August 12th, 19th, 26th) from 10:00am – 1:00pm

Leaders: Michele Gruenhagen and Michelle Ruiz (MA CPSY students)

Both leaders have completed the coursework for their Masters in Counselling Psychology degrees. Leading these therapy groups is part of their program requirement, and these counsellors will be under supervision.

Cost: \$50 for the 3-day workshop (*Due to the low cost, there are no refunds to this workshop.*)

1. Statistics Canada. (2002). *Anxiety disorders*, In A Report on Mental Illnesses in Canada. Retrieved from http://www.phac-aspc.gc.ca/publicat/miic-mmac/chap_4-eng.php

Note: *Peaceful minds: A group therapy treatment plan for adults with anxiety*, was developed by Michele Gruenhagen in Spring 2014 for her Group Therapy course (CPSY510) at Trinity Western University.