

# ANXIETY

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

People who struggle with anxiety often feel overwhelmed and unable to move forward in their lives. In a safe and supportive environment, we would like to help you experience a reduction in your feelings of anxiety.

## Directions:



Take the 200th Street Exit off Hwy #1 going South. Turn Left on 40th Avenue. We are located approximately 2 blocks on your left in Belmont Centre (next door to Ocean Park Pizza). There are a few entrances; use the entrance at the front end of the building closest to the street. We are in Suite #107.

## Peaceful Minds Group Therapy for Anxiety



## Peaceful Minds

### 5 - Week Group Therapy for Anxiety

**COST:** \$100 + tax

**Early Bird Rate:** \$75 + tax  
*If registered by December 27, 2016.*

**NOTE\*** *Due to low cost, there will be no refunds for this workshop.*

**Call now to register: 778-278-3411**

*Space is limited.*

We accept: Visa, MasterCard, Debit & Cash



**BROOKSWOOD  
COUNSELLING**

#107 20103 40th Avenue  
Langley, BC V3A 2W3  
Telephone: 778-278-3411

[www.brookswoodcounselling.com](http://www.brookswoodcounselling.com)

## 5-Weeks

### Tuesdays: 7-9pm

**January 10, 17, 24, 31,  
& February 7  
2017**

## Facilitators



LISA MOORE is an intern student completing her Masters in Counselling Psychology at Trinity Western University. She has been working as an intern at Brookwood Counselling since August 2016. Lisa has a lot of experience working with addictions, families who have special needs children, and running groups, including relationship workshops.

Lisa has a passion for working with people and is very excited to be facilitating the Anxiety workshop at Brookwood Counselling.



TARA GOSSE is a counselling intern from the University of British Columbia. Tara is currently completing her final year of her Masters in Counselling Psychology and began her internship at Brookwood Counselling in September 2016. Tara has completed the group counselling requirements at UBC and has experience facilitating a relationship resilience group for couples. Tara has a passion for working with people and is excited to be facilitating the Anxiety workshop at Brookwood Counselling. Tara is passionate about group work and believes strongly in the power of sharing experiences as a means for personal exploration and growth.



If you are new to Brookwood Counselling and interested in attending this program, please call us at: 778-278-3411 to set up a free 15-20 minute consultation with a group counsellor to mutually determine if the group is a good fit for you and your current needs. If you are already a client with us, your counsellor will help us determine if you are a good fit.



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.



## “What happens in group?”

The group is designed to be process-experiential, which means that members will have the opportunity share about their experiences and support each other as they learn new ways of coping with anxiety. In a safe and supportive environment, guided by 2 intern counsellors, members will have an opportunity to reflect on their experiences and to connect with others. This is a closed group (no new members after the first session).

## “Is the group right for me?”

The group is for adults (19 years of age and over) who are experiencing symptoms of anxiety. The group is designed for individuals who are open to participating in the process of sharing with others, and giving and receiving support. **Interested members will be contacted before the group begins to mutually determine suitability.**

