



# Virtual Anxiety Workshop: Tuesday Oct 1 6-8pm

☎ 705-743-2272 ext 308  
📍 540 George St N, Ptbo, ON  
🌐 [www.ccrcc-ptbo.com](http://www.ccrcc-ptbo.com)

## Working on:

- ☀ Stress Management
- ☀ Mindfulness
- ☀ Challenging unhelpful thoughts

Learn about causes of anxiety and practical strategies for how to cope

