

CMHA PRESENTS

MINDFULNESS FOR ANXIETY

A guide to breaking free from Anxiety, Phobias and Worry Using Acceptance and Commitment Therapy

Starting Sept 26, 2017

Ending Dec 5, 2017

Each Tuesday 1:30 to 3:00pm

In the CMHA Classroom

Facilitated by Christine Toppi and Samantha Burnside

A POWERFUL, STEP BY STEP PROGRAM TO HELP YOU:

- Understand why trying to control anxiety can keep you stuck and suffering
- Break free from the anxiety struggle and the trap of avoidance
- Practice mindful acceptance and a willingness to do what works
- Discover what you care deeply about and commit to making it happen
- Live a rich and meaningful life—even with anxiety fear and worry.

Please see CMHA reception to sign up or call 706 567 9596 ext 4238 and ask for Christine

