

# ANXIETY PANIC



## 14-Week Anxiety Management Workshop

Several times a year we offer workshops in Ottawa for people with anxiety conditions. The goals of these workshops are to:

- Gain knowledge about anxiety
- Learn self-management techniques
- Discover relaxation methods
- Practise communication skills
- Develop positive coping strategies
- Explore Anger management

For more information, visit our website or call our toll-free information line.

### Anxiety Disorders Association of Ontario

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**ADAO , 14-Week Workshop**

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