

Healthily Living with Anxiety

Understanding, Coping, and Thriving

Workshop

- **Anxiety Management Psychoeducational Workshop - 4-Week Group**
- **Dates:** Feb 7, Feb 14, Feb 21, Feb 28 (Four one-hour sessions on Wednesdays)
- **Time:** 6pm-7pm
- **Venue:** The Little Yellow House - 489 Blvd. Beaconsfield, Beaconsfield.
- **Fee:** \$375 (for the 4 sessions)

Why Attend?

- Understand the origins of anxiety
 - Gain insights into your anxiety triggers and patterns
 - Learn practical coping mechanisms, tools, and strategies
 - Develop a different relationship with anxiety
 - Access expert advice
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- Registration: call me at **514 296 5517** or email me at: info@josebriones.ca
 - Limited Spots Available! Reserve Yours Today.
 - Workshop facilitated by José Briones, psychologist.

About the facilitator:

José Briones is a licenced psychologist and psychotherapist with the Ordre des Psychologues du Québec, with 20 years of professional experience in the field. He has facilitated workshops and trainings with diverse clientele, centering on the development of emotional awareness & regulation, both essential in maintaining emotional health and rich personal connections.