



MENTAL HEALTH AND ADDICTION SERVICES
Community Adult Programs
Nurses Alumni Wing
4th Floor, 715 Queen Street
Saskatoon, SK. S7K 4X4
P: 306-655-8877 | F: 306-655-8875

WEDNESDAY Adult Community Group Counselling Clinic

Afternoons from 1:00 – 2:00 p.m.
Mental Health and Addictions Services
715 Queen Street, 4th Floor

- * All Clients need to be pre-registered with Mental Health and Addictions Services
- * Please stop at reception to sign in before each group
- * Clients are to choose EITHER Wednesday or Thursday ONLY “Challenging Anxiety” Group for the full 8 week rotation
 - Each group session “stands on its own” so that you can start group any time.
 - Group sessions focus on education and skill building
 - In group you will learn skills to manage your mood, to strengthen helpful thoughts and to increase healthy behaviors in your life.

CHALLENGING ANXIETY:

Tackling physiological discomfort, emotional distress, unhelpful thought patterns and avoidant behaviors.

Body Awareness: Basic Overview of Anxiety

- Mar 13 Where does anxiety live in my body? Breathing exercises
- Mar 20 The Body’s Alarm System: Fight/Flight/Freeze Response. Progressive muscle relaxation and grounding exercises

Emotional Awareness: Anxiety as an Emotional State

- Mar 27 Act different, feel different! Approaching emotions instead of avoiding
- Apr 3 Mindful Responding: Building distress tolerance and becoming more self-aware. Mindfulness practice

Thought Awareness: Challenging Anxious Thoughts Facts or Fiction?

Apr 10 **Update the messages you give yourself. Realistic self-talk: basic thought record. Thought-action plan**

Apr 17 **Challenging unhelpful thought patterns: mental yoga
Thoughts are thoughts, not threats. Postpone anxiety: create worry time**

Behavioral Awareness: Why Avoidance Doesn't Work in the Long Run

Apr 24 **Practice your fears: exposure therapy. Change the behavior, change the brain. Face anxiety and create an exposure fear list**

May 1 **Managing setbacks. Stages of anxiety and motivational tips. Putting it all together: behavioral experiments**