



Summer 2016 Youth Anxiety Support Group

For ages 14 to 19



**Barrie
Community
Health
Centre**

The Barrie CHC focuses on health promotion, illness prevention and primary health care services, encouraging personal responsibility for one's own health and that of the community.

**Learn more about
anxiety in a safe
environment**

**Learn new ways of
overcoming anxiety**

**Practice setting small
achievable goals**

**Talk to others who
know what you are
going through**

<http://www.bchc.ca/>

**Meets Wednesdays from
1:00 to 2:30 from
07/20/2016 - 08/24/2016**

NO COST

**Contact:
Kelly at (705) 734-9690 ext. 291
or Tabitha at ext. 231
for more information or to
register.**

490 Huronia Rd. Barrie, ON