



Summer 2018 Youth Anxiety Support Group

For ages 13 to 19



490 Huronia Road, Barrie
Visit: www.bchc.ca



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

**Learn new ways of
coping with and
overcoming anxiety**

**Practice setting small
achievable goals**

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

**Wed. July 18 – Aug. 22, 2018
At the Barrie Community
Health Centre
from 1:00 to 3:00 p.m.**

**Facilitated By A
Social Worker, MSW**

NO COST TO ATTEND

**Register call :
(705) 734-9690 ext. 291**