



GPS Incorporated
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ANXIETY RELIEF for Women

A Six-Week Group Program
of
Strategies for coping with anxiety

This small-group program consists of six 1.5 hour meetings to deal with anxiety through behaviour and cognitive strategies and methods for preventing relapse.

Self-Referral
&
Referral by Health Care Professionals
with
Selection Through Screening Questionnaire
Maximum of Six per Group

This program is offered by Dr. Julia Holt at
Genest Psychological Services Incorporated

Please call for more Information
492-2546