

ANXIETY MANAGEMENT WORKSHOPS

ADAO's 14-Week Anxiety Management Program will help you develop coping strategies to effectively manage your anxiety. The next 14-Week Anxiety Management Programs are starting on February 21st 2012 at our west end location and March 13th 2012 at our downtown location. Please call the Anxiety Disorders Association of Ontario at 613.729.6761 or visit www.anxietydisordersontario.ca <<http://www.anxietydisordersontario.ca>> for more information.