

Learning to Live with Anxiety Series: Tolerating Discomfort

June 20, 2024

10:00-11:30am MST

This series rotates through four (4) topics to help understand anxiety, and support skill building to cope. Join this session to explore how avoidance behaviors worsen anxiety, identify distress tolerance, review three skills and how to apply them, provide information on when to seek help.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- How avoidance behaviours worsen anxiety
- How to identify distress tolerance
- Review three (3) skills and how to apply them
- Some information on when to seek help

Speakers:

Trina Napier, Addictions Counsellor, AHS

Laurie Hunter, Mental Health Promotion Facilitator, AHS



Target Audience: Adults living with anxiety or adults wanting to support someone living with anxiety

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21284>

To access this session from zoom:
<https://fntn.zoom.us/j/87125581037>
Meeting ID: 871 2558 1037
Passcode: 679074

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To access this session from an *audio line*:
1-587-328-1099
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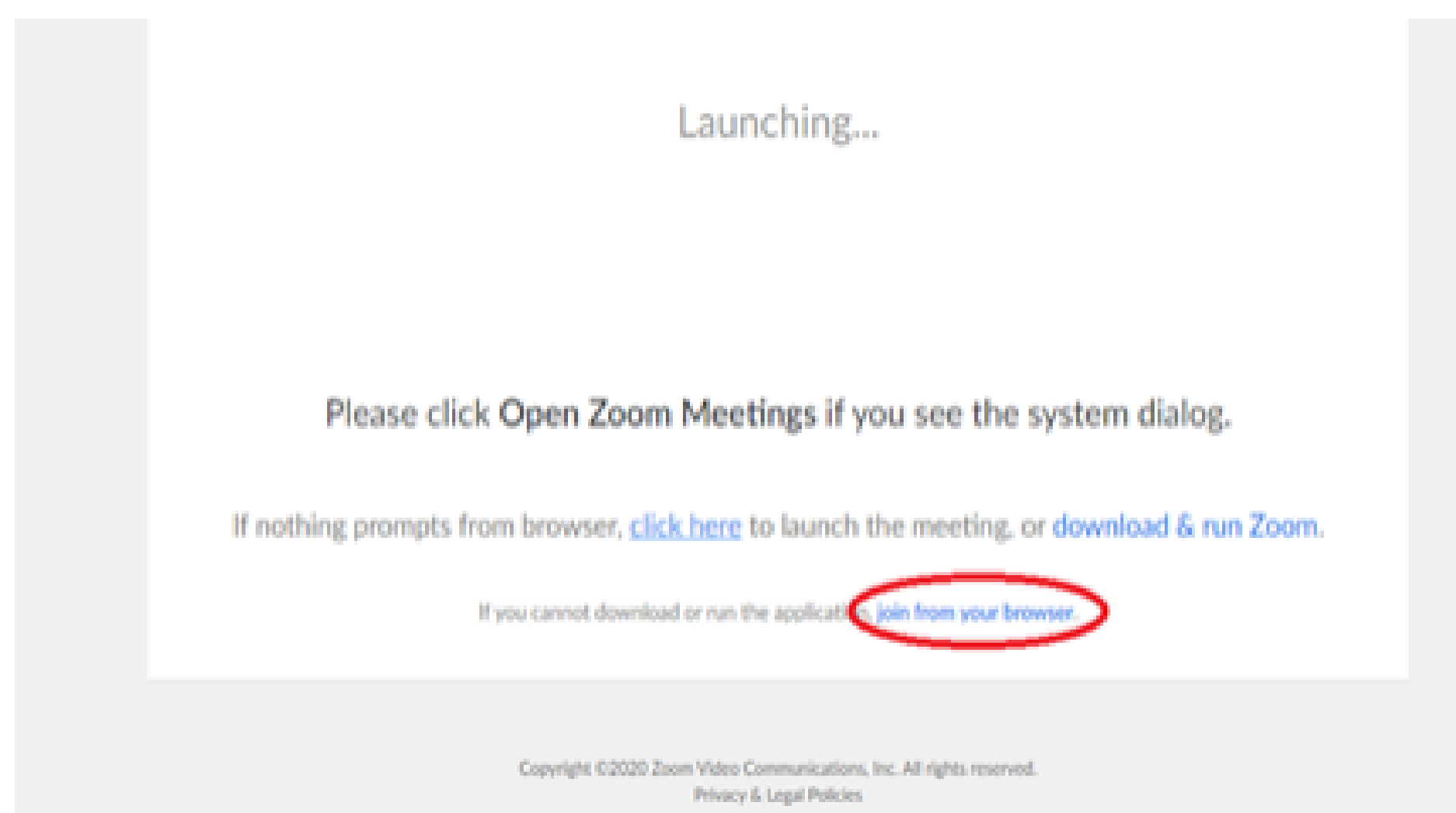
4. Click the option "click here" (See image below)

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3. Passcode: 679074

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