

Learning to Live with Anxiety Series: Tolerating Discomfort

September 19, 2024

1:30-3:00pm MDT

This series rotates through five (5) 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:

Trevor Lusby, Mental Health Promotion Facilitator, AHS

Tammy O'Quinn, 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>

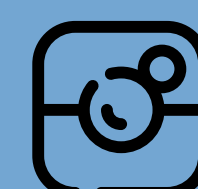
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<https://fntn.zoom.us/j/87125581037>
Meeting ID: 871 2558 1037
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