

# Learning to Live with Anxiety Series: Moving Forward with Anxiety

October 3, 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 learn about the impacts of anxiety, and learn how to build a plan to reduce anxiety symptoms.

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



## Learning Outcomes:

- Describe how anxiety impacts overall wellness and major life areas
- Describe self-medication and building tolerance
- Explain skills to reduce anxiety symptoms
- Complete an action plan
- Provide information on available supports

## Speakers:

Tammy O'Quinn, Mental Health Promotion Facilitator, AHS

Lucille Labrecque, Mental Health Promotion Facilitator, AHS



Target Audience: This session will benefit those that want to learn more about their own anxiety symptoms, or help others who experience anxiety

Please register for session at:  
<https://fntn.ca/Home/Registrar-VC?eid=21423>

To access this session from zoom:

<https://fntn.zoom.us/j/84405887183>

Meeting ID: 844 0588 7183

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To access this session from an *audio line*:

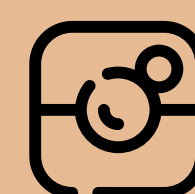
1-587-328-1099

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## To join via internet browser

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4. Click the option "click here" ( See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

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5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

## To join Via Zoom apps:

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2. Enter Meeting ID: 844 0588 7183

3. Passcode: 246396

4. Choose "download and run Zoom"

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