

Coping with Anxiety?

Join our free group!

*Practical information
and tips on
how to relieve
fear, anxiety and worry*

*Thursday Afternoons
2 - 4 PM from
Jan 10 - Jan 31, 2013*



**Sandy Hill Community Health Centre
221 Nelson Street (corner of Rideau and Nelson)**

Facilitated by Mark Patton, MSW, RSW, Counsellor, Family Services Ottawa

For more information, or to register, call **Madeleine** at **613-789-1500 x 2516**
or visit <http://sandyhillchc.on.ca/health.html>

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