

## Anxiety Self-Management Workshop (English version)

The psychoeducational workshops offered as part of Revivre's "J'avance!" program provide self-management support— a proven approach that is gaining recognition as a key component in effectively treating people living with mood and anxiety disorders.

### How the workshop will help you to improve self-management skills:

- Intensive 10-week program
- A different topic each week
- A wealth of theoretical information shared
- Practical exercises carried out each week
- Discussions as an integral part
- Group size limited to 15 participants

### Key themes of the workshop

1. Improve self-observation and self-knowledge, and observation of anxiety
2. Identify anxiety triggers and maintenance factors
3. Learn about techniques to reduce anxiety levels
4. Understand the role of avoidance and exposure
5. Explore the acceptance process and committed action
6. Examine filters of perception and their influence on anxiety
7. Consider the relationship between yourself, anxiety, and others
8. Aim to reclaim your health and take an active role in managing anxiety



### Next workshop

**When:** Tuesdays, from 6:30 p.m. to 9 p.m., starting on **February 5<sup>th</sup>** until April 9<sup>th</sup>, 2019

**Where:** Revivre, 5140 St-Hubert Street (near Laurier metro station)

**Registration:** Beginning on **December 3<sup>rd</sup> at 9 a.m.**

On our website: [www.javance.revivre.org/en](http://www.javance.revivre.org/en)

By phone: 514-529-3081, ext. 100

**Rate:** \$410\*

\*A limited amount of space are available at a reduced rate for low-income individuals (\$150) and for individuals receiving social assistance (\$50). **Obtaining a reduced rate entry is not guaranteed.**

### Eligibility criteria:

- 1) The candidate must make **an annual revenue of \$25 000 or less** before taxes. This applies for the individual revenue (and not to the joint revenue if the person's civil status corresponds to married or common-law).
- 2) The candidate must submit **a supporting proof** justifying their incapacity to pay the integrity of the participation fees. The following proofs will be accepted: Last employment record, last benefit statement (employment insurance or social assistance), financial assistance statement from loans and bursaries, last notice of assessment.

## Testimonials from some of our participants

Our self-management support program, initially developed in French, has benefited 2,700 participants so far.

- *“I was finally able to **share** with others and realize **I wasn’t the only one** in a similar situation.”*
- *“The workshops allowed me to **better accept** depression, to see it more as an illness. The concept of self-management brings **hope** that many **things can change**, that we still have some level of **self-control**.”*
- *“What stuck in my mind throughout the workshops is the self-management concept, the **determining role** every person has in recovering from their illness. And this, **without any guilt**.”*
- *“I am **100% satisfied** with the workshop; you enabled me to **open up and rediscover my joie de vivre**.”*
- *“I feel like I’m in less of a void. I understand better, I’m proactive and I put **strategies** into action. Thank you! **It changed my life**.”*

## Support and information: Revivre is there for you.

- **Call us: 1 866 REVIVRE (738-4873)**
- Toll-free help line available across Canada, Monday to Friday from 9 a.m. to 5 p.m.
- Reach our intervention team: [revivre@revivre.org](mailto:revivre@revivre.org)
- For more services and information: Please visit Revivre’s website <http://www.revivre.org/en>



Hope



Self-Management



Peer Support



Recovery

