

Feeling **STRESSED?**  
Feeling **ANXIOUS?**



**KEEP  
CALM  
AND  
CARRY  
ON**

**Support group for individuals who experience anxiety and panic attacks.**

**Learn more about stress management, different coping strategies and self-care techniques.**

**Wednesdays  
1:30 p.m. - 2:30 p.m.  
Starting June 28th**

**For more information or to register, call 519-397-5455 ext. 248**



**Chatham-Kent  
Community Health Centres**  
Centres de santé communautaire  
de Chatham-Kent



**Chatham-Kent CHC  
808 Dufferin Ave  
Wallaceburg, ON**