

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**