



Virtual Group Counselling from LifeWorks



Feeling stressed out and overwhelmed? Experiencing symptoms of anxiety? Struggling with the demands of caring for a loved one with dementia? Looking to incorporate new strategies into your coping toolkit? Virtual group counselling options from LifeWorks could be the ideal solution for you.

Contact **LifeWorks** any time, day or night, to speak with a caring consultant for expert advice, resources, and group counselling referrals. Master's- or PhD-level clinicians with group and subject matter expertise lead our virtual group sessions, which are delivered live by webinar over a series of weeks. You'll benefit from others' shared experiences and peer support. To participate in virtual group counselling, you require a computer, a Webcam, access to the internet, as well as a confirmation email from LifeWorks containing a link to participate in the live group sessions. We recommend using a private space for the duration of the sessions.

- **Managing Anxiety and Worry (sessions in English or French):** This group is suitable for individuals experiencing feelings of anxiety and excessive worry. It can help you identify important patterns that contribute to your worry or anxiety, take charge of your spiraling thoughts, improve your ability to cope day to day with skills and strategies to balance life stressors, and incorporate mindfulness and cognitive behavioural strategies into your coping toolkit.
- **Managing Anxiety and Worry for Students (English only):** Overwhelmed with the challenges of balancing your studies with work and life? This group is suitable for students (18+) experiencing stress and feelings of anxiety. Learn to manage these feelings, balance life stressors, and incorporate mindfulness and cognitive behavioural strategies.
- **Working CARERS (English only):** Are you providing care to a loved one diagnosed with Alzheimer's disease or other dementia? In partnership with Mount Sinai Hospital, LifeWorks delivers a virtual version of the Working CARERS Program (Coaching, Advocacy, Respite, Education, Relationship, Simulation) to eligible employees (and their dependents) who are shouldering dementia caregiving demands. This intensive training program is proven to help reduce the emotional strain of dementia caregiving by teaching practical caregiving skills.

To register now for an upcoming virtual counselling group facilitated by LifeWorks:

Call us, toll-free, 24/7:

TTY:

En français:

Get the "LifeWorks" app!

