



# Stressed out? Seeking support and strategies to help you cope?

Virtual group counselling from LifeWorks can help.



**Feeling stressed out and overwhelmed? Unable to manage competing priorities? Our [Managing Anxiety and Worry](#) group is designed for individuals experiencing feelings of anxiety and excessive stress.**

In a virtual counselling group, you'll participate in five weekly sessions, directly and privately from your computer to learn how to:

- identify important patterns that contribute to worry and anxiety
- take charge of your spiraling thoughts
- improve your ability to cope day to day with skills and strategies to balance life stressors
- incorporate mindfulness and cognitive behavioural strategies into your coping toolkit

Register for one of our upcoming groups that run on a monthly basis. You'll receive a confirmation email containing the link you'll need to participate in live group sessions. Virtual counselling requires a computer or tablet, as well as a webcam and access to the Internet.

**To register now for [Managing Anxiety and Worry](#) facilitated by LifeWorks:**

Call us, toll-free, 24/7:

TTY:

En français:

Get the "LifeWorks" app!

