

# MANAGING ANXIETY

Gain tools to learn about and manage your anxiety with this 8 week group for people who have experienced trauma, sexual assault and/or relationship abuse



## Online Zoom Group

From April 25 to June 20  
between 1 - 3 pm

Cost: \$50 for 8 sessions

### Facilitated by:

Naina Menon (MCP, RCC)

Alexandra Collins (MA, CCC, RCC)

**To register contact Naina Menon:**

604.541.4839 / [nmenon@sourcesbc.ca](mailto:nmenon@sourcesbc.ca)

Open to those who identify as a woman,  
including CIS, Trans, Two-Spirit & Non-Binary



**SOURCES**  
TRAUMA COUNSELLING  
PROGRAM