



# CBT FOR ANXIETY



The talking therapy of choice for anxiety is cognitive behavioural therapy (CBT). Join Dr. John Cook and 4 to 8 other people for 12 consecutive, two-hour, weekly, Tuesday night sessions from 7 to 9 PM, **starting Tuesday, ?**. Learn this research-proven approach to managing anxiety and start experiencing relief today!

**EARLY BIRD  
FEES**

**\$840 by ?  
\$900 by ?**

**REGULAR  
FEES**

**\$960 by ?**

This CBT group combines elements of treatment for panic, worry, and social anxiety, depending on the needs and numbers of people who sign up. If the group grows larger than 9, it will be divided in two and the second one held on a different weekday night.

So, if you are bothered by anxiety attacks, are continually worried keyed up or on edge, or fear being judged and have difficulties performing in public, this is the group for you. Returning anxiety group graduates are welcomed at 1/3 off. New clients will be asked to attend a pre-group interview.

*Keep this part for your records*

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*Send this part to Aegis*

## REGISTRATION FORM - GROUP CBT, ?

Full name \_\_\_\_\_ Group preference: panic , worry , social anxiety

Method of payment: Mastercard , Visa , Cheque , Debit\*

Credit Card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Home address \_\_\_\_\_ Phone number \_\_\_\_\_

**Return by mail or fax to:**

**4506 Chatterton Way  
Victoria, BC V8X 5H8  
Fax: (250) 881-1207**

? date to be determined  
\* payment in person only

*Fee will be determined by postmark or fax date. No refunds after the second week.*