



Managing Anxiety Mindfully, Moment by Moment

Tuesday, March 15th, 2016

5:00 pm – 7:00 pm

Explore new ways of reducing anxiety. You will practice letting go of old patterns of anxious thinking that keep us trapped in the past or in the future and discover new ways to live more fully in the present moment.

- Reduce anxiety through increased awareness of mind and body
- Apply new perspectives and transform our experience of anxiety
- Respond to challenges of the present moment with increased insight and greater self confidence

Cost: \$35.00 + HST

Location: Adlerian Counselling and Consulting Group

1729 Bank St., Suite 205

Workshop Leader: Kathryn Zettel, M.A., M.Ed., R.P., CCC, Associate, Adlerian Counselling and Consulting Group

To inquire further, please contact: Kathryn Zettel at 613-737-5553 ext. 301

To register, call Shannon at 613-737-5553 or email info@adleriancentre.com.

Kathryn Zettel, M.A., M.Ed., R.P., CCC, Associate, Adlerian Counselling and Consulting Group

Kathryn provides psychotherapy on a range of topics including anxiety, depression, self-esteem, loss, work related stress, and compassion fatigue. Upon request, she offers training and consultation within workplaces to enhance the quality and effectiveness of work relationships. Mindfulness is an integral part of Kathryn's life as well as her professional practice. She is a Certified Transformative Mindfulness Trainer.



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