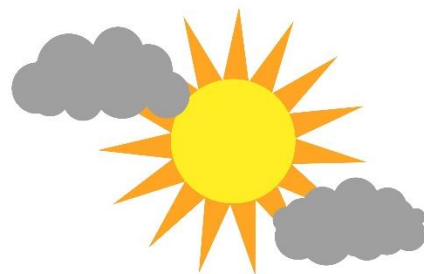


CMHA's Anxiety Support Group is for adults 18+ who deal with anxiety. Everyone is welcome to come and chat, meet some new people, and share stories with likeminded individuals in a safe place.



Where: CMHA Main Office,
400 Elliot Avenue, Unit 3.

When: Every Monday at 7pm.

Who: Adults 18+

What: a safe place to discuss anything related to anxiety, and meet people who have gone through similar experiences.

“Living with anxiety is like being followed by a voice. It knows all your insecurities and uses them against you. It gets to the point when it’s the loudest voice in the room. The **only** one you can hear.”

-Unknown

ANXIETY

does not empty tomorrow of its sorrows,
but only empties today of its strength.

Charles Spurgeon

Mental Illness:

You're still you. It doesn't change who you are.

The group, run by two of CMHA's volunteers, focuses on open discussion about coping strategies, personal experiences, challenges, and much more. It is a self-help group, with a laid-back atmosphere and friendly faces.



**United Way
Centraide**

Member Agency
Organisme Membre

Kingston, Frontenac,
Lennox and Addington

Fast Facts

- Anxiety disorders affect approximately 5% of Canadians
- Of those affected by anxiety or depression, 49% have never seen a doctor about their condition.
- Individuals with Generalized Anxiety Disorder are always thinking about the “what-ifs” and fear the worst in every situation.
- Anxiety disorders can range from mild to severe.

"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."

-Bill Clinton

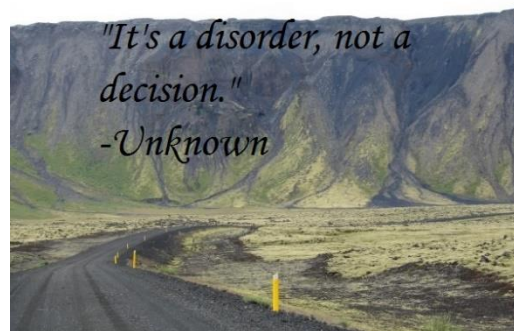
"ANXIETY, IT JUST STOPS YOUR LIFE."

AMANDA SEYFRIED

Contact Us

For more information, contact the CMHA office at **613 549 7027** or email us at **supportgroup.cmha@kingston.net**

If you are interested in joining the group, call, email, or just show up!



**The Canadian
Mental Health
Association**



**Anxiety
Support
Group**