

## Understanding Anxiety Treatment Group

### Who is this treatment group for?

Our anxiety groups are for people who experience anxiety as their main concern. If you are feeling anxious about coming to the group, this is probably the group for you!

### When and where does the group meet?

The group meets weekly for 9-11 weeks. Each session is about 2 hours long. Please make every effort to arrive on time and attend all sessions. If you get sick or can't come for another important reason, please call before the session to let the group leaders know. If you miss 2 sessions without letting the group leaders know beforehand, you may be asked to repeat the group because you have missed too much material.

### What do I need to bring?

You will get handouts each week. Please bring a binder for the handouts, a pen, and reading glasses if needed.

### Who will be there?

There are usually 2 group leaders who work in Mental Health, along with at most 12 group members who share concerns similar to yours. All group members are registered patients, referred to the group by their healthcare provider.

### How much do I need to share with the group?

Everyone has different levels of comfort with talking to people they are just getting to know. It's normal to feel some anxiety when starting a new group. Often people find it helpful if they are able to share with the group, but please feel free to participate in the conversation at your own comfort level.

### What will I learn in the group?

This group focuses on working through difficult feelings. We focus on helping you learn ways to acknowledge and face uncomfortable feelings and unpleasant situations. In the classes, you will learn gentle ways to face difficulties as they come up. We want to help you live a meaningful, enjoyable life, even though that can sometimes be scary.

## The group will help you learn about:

- Paying attention – learning to recognize your anxious experiences and how you react to them.
- Staying motivated for change.
- Understanding your emotions.
- Understanding how your efforts to control and prevent anxiety are affecting your happiness and your ability to lead a meaningful life.
- Understanding what is important to you.
- Gaining the skills to be willing to do these important things and to make space for the anxiety that may come with them.
- Setting meaningful and effective goals for life change.
- Putting it into practice – facing your emotions in real life.
- Moving on – continuing your work after the group ends.

## Will this group help me?

Therapy can be very hard and sometimes scary work, but it can bring big rewards too. What you get from this group completely depends on what you put into it. It's not enough to just come to all the sessions and want things to be better. You need to be ready to make some hard choices. You need to be ready to start making important changes to how you approach your life.

The people who have come to this group willing to risk difficult feelings, ready for their lives to be what they have always wanted them to be, and willing to dedicate themselves to doing the work, have made big changes just in the short time they were in the group. Many have gone back to work or school, fixed relationships with loved ones, made new friends, and put an end to the things in their lives that were making them unhappy. This group is just the start – the rest is up to you!

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