**Anxiety to Calm**

**If anxiety stops you from living your best life learn skills to find calm, challenge yourself and live well**

**Free 8-week group sessions lead by WCPCN Allied Health Professionals**

You can obtain a referral from your Wolf Creek PCN family doctor or if you are already seeing a Wolf Creek PCN nurse, mental health counsellor, exercise specialist or nutritionist you can also ask them about a referral.

You can self-refer using the following methods:

Register online at <http://wolfcreekpcn.com>

Phone 403-782-1408 and speaking with Kellie

e-mail group@wcpcn.ca

*When you self-refer consider having a friend registered with you as this can provide support for positive change.*