

Managing Stress and Anxiety

A *Free Class* on Wednesday June 29th 2016 from 7:30 PM to 9PM

“*I am **anxious** about my **stress**;
I am **stressed** about my **anxiety**”*”



François Levert, M.A.
Therapist

François is a certified therapist with a degree in Counselling and Spirituality from Saint Paul University. He has a particular understanding of stress and anxiety having a background that includes experience in both counselling and within the public, semi-public and private sectors.

Please join us for our latest free class that explores the self and offers the latest knowledge and techniques designed to help individuals live better lives. Offered regularly, these classes are geared toward anyone who is interested in better recognizing, understanding, and managing the challenges they face.

Both psychoeducation and evidence-based behavioural management techniques are used so that class participants leave not only with an improved awareness of their stress and anxiety experiences, but also with the newfound knowledge of specific tools that can be used to make these experiences better.

Classes contain a maximum of 15 participants in order to ensure a personalized and thorough format. Registration is required as space is limited please do so by emailing: info@raisondetretherapy.com. If you missed this class but want to know more about the series, please contact.

Taking place at the offices of Raison D'Être Therapy, 5330 Canotek Rd, Unit 35B, the classes are offered by François Levert, Therapist.

Raison D'Être Therapy

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