

• CBT FOR ANXIETY AND WORRY • GROUP THERAPY

University of Saskatchewan Psychology Clinic

TROUBLED BY ANXIETY AND WORRY?

Join our group therapy to help develop
skills to alleviate these troubles!



Wednesdays 10:30am-12:30pm
October 1, 2025 to November 26, 2025
On campus at the University of Saskatchewan
Psychology Clinic
\$100 total cost (only \$12.50 per session!)

Have questions? Interested in joining?

Contact us!

Phone: 306-966-6895

Email: psychology.clinic@usask.ca

