

# Anxiety: Tips and Techniques to Help Manage it!

Mental Health Week (May 1 – 7, 2017)

ADULTS



**WEDNESDAY, MAY 3 | 7:00 - 8:30 PM**

**Brighthouse Branch, Community Place, registration required**

The presenter, **Arto Tienaho**, recognized his troublesome anxiety as a young child and coped as best he could until at 24 years old it stopped him in his tracks. He developed panic disorder with agoraphobia. His search for treatment took him to the UBC Anxiety Disorders Clinic, specializing in a cognitive behavioural therapy (CBT) treatment program for adults with panic disorder, where he learned strategies to manage his anxiety. He also was the **Executive Director of Anxiety BC** for six years. Arto will share his story and provide information on a variety of effective ways to manage problematic anxiety.

*For more details, visit [yourlibrary.ca/events](http://yourlibrary.ca/events), call 604.231.6413 or talk to a staff member.*

