

STEADY MINDS:

A CBT GROUP FOR
MANAGING ANXIETY



TeleCBT
.ca

6 Weeks | OHIP-funded Virtual Sessions

Fridays | October 9th to November 13th | 1:30pm to 2:45pm

Facilitated by Dr. Kyle Pangka

Growing older brings new experiences, opportunities, and sometimes new challenges.

This 5-week educational skills development group, designed specifically for adults aged 60 and older, provides a supportive and welcoming environment to learn practical tools for managing anxiety and improving emotional well-being.

Using evidence-based approaches including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), and mindfulness, participants will develop effective strategies to better understand anxiety, manage worry, build resilience, and feel more confident navigating everyday life.

This group is ideal for adults 60+ experiencing mild to moderate symptoms of generalized anxiety disorder or depression. Participants should be willing to:

- Learn alongside others in a supportive and respectful group setting.
- Participate in discussions at a pace that feels comfortable, with encouragement to gradually share experiences as confidence grows.
- Practice new coping strategies between sessions through simple, practical exercises designed to build lasting skills.

Whether you're looking to better manage persistent worry, feel more in control of your thoughts, or connect with others facing similar challenges, this group offers a compassionate space to learn, grow, and thrive.

Group Requirements:

Physicians Referral Required

Email groups@telecbt.ca for an intake appointment