



A Community Ministry of the
Anglican Diocese of Ottawa

Living with Anxiety



Please join our
**Free 8 Week
Program for Women**
and learn tools to
cope with your
anxiety

When: Thursdays

Date: October 19—December 7, 2017

Time: 10:00AM—11:30AM

Where: The Well, 154 Somerset St. W, Ottawa

If interested contact Cathy, Maria, or Nancy **by October 17** at
(613)594-8861 ext. 27 OR reception@the-well.ca