

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)
VIDEOCONFERENCE***Stress, Anxiety and Panic Attacks Throughout the Life Cycle***

Wednesday, October 19, 2016

10:00 am - 12:00 PM

7355 Viau Boulevard, Saint-Leonard

"Anxiety disorders are treatable and you will be able to live without panic, but you won't be able to live without any anxiety because otherwise you'd be dead." (Dr. Camillo Zacchia, Huffington Post Canada online, February 2012). Join us for this informative session to learn more about how to deal with stress, anxiety and panic attacks.

About this Session

This interactive videoconference will give you the opportunity to ask questions and learn about:

- Stress versus anxiety
- Panic Attacks: Why are they so scary?
- What are the life cycle impacts as we age?
- How can we manage these?

About Your Speaker

Dr. Camillo Zacchia, PhD., Psychologist/Senior Advisor – Douglas Institute, specializes in the treatment of anxiety disorders, depression and interpersonal problems. A McGill University graduate, as part of his role in public education, Dr. Zacchia gives frequent conferences and maintains a blog about mental health and human nature in the Huffington Post Canada.

**Resources**

Dr. Zacchia's blog in the Huffington Post Canada - *Most Anxiety Disorders can be Treated*:

www.huffingtonpost.ca/2012/02/27/panic-attacks-treatment_n_1304575.html

See CHEP DVD *At the End of My Rope* (about Stress & Depression) with Dr. Camillo Zacchia, March 2014 – ask your coordinator

AMI Quebec Teleworkshop: *Anxiety Disorders* with Camillo Zacchia – January 25, 2017, 7-8 pm EST. Register online or talk to your coordinator about getting a group together:

<http://amiquebec.org/tele0117/>

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