

Overcoming anxiety and depression is West Island group's goal



Georgia Dow



Sandra Reich

By Mike Cohen
The Suburban

The West Island based Montreal Center for Anxiety & Depression is gearing up for a special one night course on Overcoming Anxieties and Phobias on May 28 (7 p.m. to 9 p.m.) at the Brunswick Medical Clinic (955 St Jean Blvd, Suite 305) in Pointe Claire.

"Our target audience is anyone who struggles with anxiety, fears, phobias and those issues which are blocking the quality of their lives," Clinical Director Sandra Reich shared with me. "One night can be a turning point for many as it opens up so many possibilities of how manageable and treatable anxiety can be."

Health practioners who treat people for phobias can also benefit from the session, Reich maintains.

The Center's mission is to create a warm and supportive environment that allows clients to explore what "blocks" are limiting oneself from living life to the fullest. Combing cognitive behavioral therapy and an eclectic approach, the Center focuses on these challenges to find new and healthy ways for people to cope. Organizers note that this workshop will teach people coping tools so they can overcome their fears and phobias and reclaim balance in their lives. It will effect change in a positive and empowering atmosphere of acceptance, solidarity, and fun.

Reich, a Dollard des Ormeaux resident, notes that the Centre has been operating out of the West Island for two and a half years and has a 95 percent success rate. Phobias, she says, can range from those related to driving, germs, heights, vomit, blood, crowds, elevators, planes and countless other topics.

Reich has kind words for Georgia Dow, a top anxiety specialist who will be present at the program. "To hear her speak is to hear about how

possible change is," she explains. "Georgia will talk about strategies that can be implemented immediately to make our participants lives better right away. We have a had a multitude of conferences with great feedback and people asking

us to do more as they are so life changing and at a price that makes them affordable for all."

For more information about registration log on to www.helpforanxietydepression.com or email rwise.mcad@gmail.com.