

## **INTERNET RESOURCES**

- **[www.anxietybc.com](http://www.anxietybc.com)**
- **[www.anxietycanada.ca](http://www.anxietycanada.ca)**
- **[www.cmha.ca](http://www.cmha.ca)** ( Canadian Mental Health Association)
- **[www.mentalhealth.com](http://www.mentalhealth.com)**
- **[www.macanxiety.com](http://www.macanxiety.com)**
- **[anxieties.com](http://anxieties.com)** (free E newsletter)

## **COMMUNITY RESOURCES**

- **Social Skills Program** (Learning Disabilities Assoc) 370-9513
- **Anxiety Disorders Clinic** (Victoria Mental Health) 370-8175
  - More adult focussed
- **Child and Youth Mental Health Services** 356-1123
  - RAT is a CBT based group program 13-17 y.o.
    - parent component
  - Cool Kids is a CBT based program 8-13 y.o.
    - parent component