

INTERNET RESOURCES

- **www.anxietybc.com**
- **www.anxietycanada.ca**
- **www.cmha.ca** (Canadian Mental Health Association)
- **www.mentalhealth.com**
- **www.macanxiety.com**
- **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