

Calgary Counselling Centre and Wordfest host free online event focused on managing worry

Anxiety expert Lynn Lyons discusses new and timely book

CALGARY, March 6, 2023 – Racing heart, sweaty palms, difficulty breathing. Ask people to describe anxiety and they'll often start with the familiar physical symptoms.

Nearly three years into a global pandemic, anxiety has become the new normal for many of us. Yet, there are tangible steps anyone can take to combat the anxiety and worry that weaves its way into our lives.

Calgary Counselling Centre has partnered with **Wordfest** to present anxiety expert and author Lynn Lyons in a free hour-long online event that takes place **Tuesday March 7, 2023 at 7 p.m.**

"At Calgary Counselling Centre, we're seeing a spike in clients who are struggling with anxiety," says Calgary Counselling Centre Director of Counselling Initiatives, Cathy Keough. "It was the top reason for our clients seeking counselling in 2022. We know anxiety and worry are a growing problem for Calgarians and we wanted to give people an opportunity to hear and learn from renowned psychotherapist Lynn Lyons from the comfort of their own homes. She's an expert in this field and will teach anyone who tunes in how to reverse that constant cycle of anxiety and reclaim your emotional well-being."

Lyons has more than 25 years of experience helping families and adults work through issues involving anxiety and depression. She will discuss her timely new book ***The Anxiety Audit: Seven Sneaky Ways Anxiety Takes Hold and How to Escape Them*** alongside Counselling Centre's Keough at this free online event.

It marks the first time Wordfest and Calgary Counselling Centre have partnered together to bring people a helpful discussion. More details and a link to register for this free event can be [found here](#).

About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, The Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

About Counselling Alberta:

Counselling Alberta is a new division of Calgary Counselling Centre that was launched in June 2022. The Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry for 60 years. As the preeminent research, training, and knowledge-based counselling organization in Canada, Counselling Alberta offers virtual counselling services to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma, and self-esteem.

For more information or to arrange an interview, please contact:

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