

# I•CAN

## Conquer Anxiety and Nervousness ADULT ANXIETY PROGRAM



### Who We Are

Strongest Families Institute (SFI) is a charity, founded to help people receive high quality, timely services. SFI has received award recognition for its work by the Governor General of Canada and the Mental Health Commission of Canada. SFI services have a proven history of being very effective. Our telephone coaching services are available at convenient times in the comfort and privacy of home. There is no need to travel, take time from work or school and services are free of charge. We offer support when you need us.

### How Our I•CAN Program Can Help

When adults are affected by anxiety and stress, their whole family is affected too. If adults do not receive effective help they may struggle with relationships, work, finances, socializing, and other aspects of their lives.

Strongest Families staff work closely with our clients to make sure that our services meet their needs. SFI staff schedules are flexible so clients can have calls after working hours.

The I•CAN program is based on best science and focused on adults 18+ years of age. Adults learn life-skills to overcome anxiety and to cope with major life stressors. The I•CAN program is an extension of our proven anxiety programs for children and youth that have shown to overcome anxiety and depression symptoms, leading to improved daily performance, social and family relationships and increased confidence.

*"The program has given me skills that I can use when I need to. They are very practical, and prepare you for any stressful event."*

-20 year old, Anxiety Program

*"I am more confident in myself, more happy, positive. I am not getting headaches anymore and the way I think of myself as a whole has improved."*

-17 year old, Anxiety Program

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### About the ICAN Program

Your coach will help you match the skills to overcome your main anxieties. You will learn relaxation skills to overcome and control your anxiety. You will understand the importance of self-care. Some additional highlights of the program include tips on: being your own advocate; balancing finances; effective problem-solving around major stressors using your skills to control anxiety and much more helpful information.

### We offer several other benefits:

- **No Travel**—timely access to high quality services are delivered to you at home.
- **No missed time from work/school**— coaching calls booked at convenient times.
- **No Stigma**—You receive help in the comfort and privacy of your own home.
- **No Cost**—our programs are provided at no cost.

**Receiving effective help can lead to a healthier and happier future!**

### Contact Us

Toll Free: 1.866.470.7111  
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www.strongestfamilies.com



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