

Are you struggling with worry?
Do you have problems sleeping or focusing?
Ever had a panic attack?

ANXIETY MANAGEMENT PSYCHOEDUCATIONAL & SUPPORT GROUP

We are offering an 8-week group to help you learn about anxiety, its causes, and how to handle it effectively so you can live more happily. You will have the opportunity to talk about your experience with anxiety and get helpful feedback from group members. You will leave the group with a new skill set for managing anxiety.

START DATE:
SATURDAY, JANUARY 30TH
10 AM - 11:30 AM

Group Leader: Holly Perry, LPC

COST: \$360 for eight sessions (\$45/session)
payment arrangements are available

Please contact Northshore Counseling and Wellness for more information and to register for the group.



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