



ANXIETY GROUP

ARE DEALING WITH:

- ▶ Anxiety
- ▶ Nervousness
- ▶ Stress
- ▶ OCD (Obsessive Compulsive)
- ▶ PTSD (Post Traumatic Stress)

If you are experiencing any of the emotions listed above, we have a wonderful program for you! This program is a research based program that involves some class and group work that will give you the tools you need. The therapist that is running the program will also meet with you individually to set up a plan for you. Group members will better understand anxiety in a closed, confidential and structured program. Members will also gain understanding of their own personal target issue, triggers, and coping skills through DBT and CBT techniques.

5-Week Group on Mondays or Fridays
October 18th - November 15th (Mondays)
5:30 p.m. - 7:00 p.m. MST

or
October 22nd - November 19th (Fridays)
12:30 p.m. - 2:00 p.m. MST

Location: Online!