



Anxiety Support Group

9 WEEKS | WEDNESDAYS | 6:30PM-8:00PM

\$40 REGISTRATION FEE, \$20 PER GROUP

ANXIETY--FEAR--PANIC--WORRY

Learn how to recognize the differences between anxiety, fear, panic, and worry and how they play a role in our survival.

OUR INNER CRITICS

What is the purpose of that inner voice of doubt? Identify the face of your inner critic and learn methods to quiet it.

ANXIETY TRIGGERS

We'll map out the way anxiety appears in our physical bodies and identify common internal and external causes of our anxiety.

BOUNDARIES

What are boundaries? How can you tell when they have been crossed? Learn how setting boundaries can lower your anxiety.

GROUNDING TECHNIQUES

Learn and practice physical, mental, and creative techniques for lowering anxiety in the moment.

ANXIETY IN THE BRAIN

Where does anxiety come from? Learn about two areas of the brain which trigger feelings of anxiety in your body and anxious thoughts in your mind.

UNHELPFUL THINKING PATTERNS

Discover the relationships between your thoughts, feelings, and behaviors, and identify the thinking styles that increase your anxiety.

SELF-CARE

Learn about *real* self-care, and take an honest look at your life to determine how you can fit more in your schedule.

ANXIETY ↔ DEPRESSION

Learn about the relationships between anxiety and depression, methods for recognizing its presence, and tools for coping with it.

ANXIETY & RELATIONSHIPS

Learn how to communicate your needs to friends, family, and co-workers to avoid common relationship pit-falls when struggling with anxiety.

FACILITATED BY KARA ASHLEY-GILMORE, LPCA
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