

ANXIETY: COPING THROUGH CREATIVITY

ADULTS (18-23)

WHO:

Ages 18 - 23

WHEN:

Mondays 7 - 8:45PM

LENGTH:

6 weeks.

NUMBER OF GROUP MEMBERS:

6 - 8

WHAT:

Dealing with anxiety can feel overwhelming and unattainable. This group focuses on providing you with the tools to work with your anxiety and decrease negative symptoms through a variety of skills and the introduction of a creative approach to feeling safe and secure when dealing with your anxiety.

FEE:

\$200 total. \$50 payment to secure your spot.

-Groups are NOT covered by insurance.



GROUP FACILITATOR

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