

****** ANXIETY MANAGEMENT GROUP ******

Offered by Elaine Schoeni, LCSW
American Foundation of Counseling Services

FOR: Adults (18 and over) struggling with anxiety

PURPOSE: To understand anxiety and learn skills to manage anxiety

CONTENT:

- Information and education about anxiety.
- Practice relaxation techniques and learn coping skills.
- Identify and change automatic thinking and mistaken beliefs.
- Find out how exercise and nutrition can help.
- Identify your communication style and work toward assertiveness.
- Develop a list of self-care strategies.

WHEN: Group will meet for 6 sessions on Mondays from 5:30-7:00 p.m.

The dates are as follows: **2010**

September 20	October 11
September 27	October 18
October 4	October 25

WHERE: American Foundation of Counseling Services
130 E. Walnut Street, 7th floor
Phone: 437-8256

**There will be an initial evaluation session prior to joining the group.
Please contact 437-8256 to set up a meeting with Elaine Schoeni. Some
medical assistance and health insurance, as well as sliding fee are accepted.