



American Foundation of  
Counseling Services, Inc.

## Anxiety Management Group

- Purpose:** To understand anxiety and learn skills to manage anxiety
- For:** Adults (18 and over) struggling with 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:** The group meets for 6 sessions on Mondays from 5:30-7:00 p.m.  
Please call the number below to find out when the next sessions will be held.
- Where:** American Foundation of Counseling Services  
130 E. Walnut St. 7<sup>th</sup> Floor  
Downtown Green Bay  
(920)437-8256
- Cost:** Some health insurance and medical assistance or sliding fee accepted.
- Facilitators:** Elaine Schoeni, LCSW
- Other:** There will be an initial evaluation session prior to joining the group.  
Please call (920) 437-8256 to set up a meeting with Elaine Schoeni.