

ANXIETY GROUP

6 WEEKLY SESSIONS

10/09 - 11/13

WEDNESDAYS 12:30PM - 1:30PM

FEELING OVERWHELMED BY ANXIETY?
YOU DON'T HAVE TO FACE IT ALONE
OUR ANXIETY SUPPORT GROUP WILL HELP YOU



SIGN UP

**MUST BE REGISTERED BY 10/01/24
CALL 951-465-8371 TO REGISTER NOW**

ANXIETY GROUP

6 WEEKLY SESSIONS

10/08 - 11/12

TUESDAYS 12:30PM - 1:30PM

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