

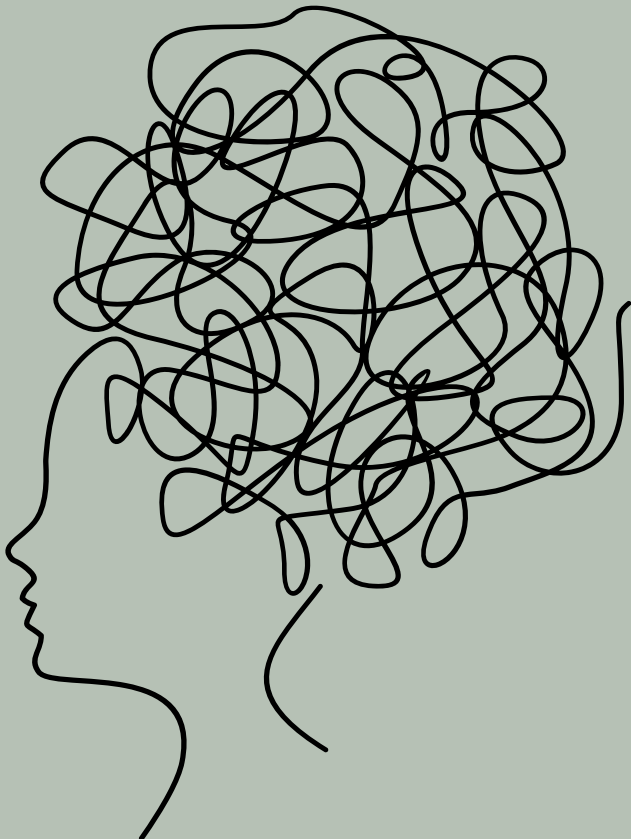
TURNING

FROM ANXIETY

8 Week Group for Adults

In a group environment, learn to equip yourself with essential tools for conquering the overwhelming burden of anxiety

Anxiety can feel isolating, but in our group, you'll connect with others who share similar experiences. The Turning from Anxiety Group is designed for individuals seeking effective anxiety reduction strategies in a supportive environment. Our groups offer a structured 8-session program to empower you with practical skills and techniques to conquer anxiety long-term.



Led by Michael Piciucco
and Gracelyn Hubbard

Wednesday Evenings starting July 15th
5:30 pm - 6:45 pm

\$60 per session + \$20 sign up fee
applied to your first session

Email info@arrowheadfamilysystems.com for more information and to register.