

Women supporting Women



WITH ANXIETY

THURSDAYS

11:00AM - 12:30PM

(NEW GROUP STARTING EVERY 10 WEEKS)

For Ages 25+

For women who are struggling with anxiety and are looking for a safe and judgement free space to work through the challenges that anxiety brings in our every day lives. In this group we will address different topics but are not limited to the following:

- Health issues impacted by anxiety
- Self Esteem/Confidence/Body image
- Stress tolerance/Resiliency
- Life Transitions and Changes
- Work/Career
- Coping mechanisms
- Relationships
- Substance use/healthy lifestyle habits

Group Facilitated by Gabby Cavale

Email info@arrowheadfamilysystems.com for information or to register
(Register early as we keep groups small to create a comfortable space)