

# Anxiety Skills Group

Mondays @ 5:30-7PM beginning 6/20/22 via ZOOM

## Anxiety 101

Learn about your anxiety and how to recognize what triggers your feelings and thoughts. Understand anxiety disorders when panic, fear, and worries overwhelm.

## Skill Building/Mindfulness

Discover the relationship between your thoughts, feelings, and behaviors and identify your thinking patterns. Learn and practice physical, mental, and creative techniques for handling anxiety in the moment.

## Anxiety Management

Develop tools and techniques to assist with changing negative thought patterns. Identify and learn how to manage your triggers and cope with your anxiety.

To Sign Up, Email: [counseling@sbnbcc.org](mailto:counseling@sbnbcc.org)

Or Call: (805) 963-7777 ext. 206

Cost: \$5/session

Group runs for 12 weeks

Co-facilitated by: New Beginnings Counselors Danielle Sharkey & Ally Misanko