

ANXIETY RELIEF

Tools for Mind, Body & Emotions

Anxiety can be associated with many distressing symptoms such as panic attacks, excessive worrying, physical tension and social discomfort.

Join us in a supportive setting to explore ways of understanding and diminishing anxiety in daily life.

NEW 6-WEEK GROUP BEGINNING

MONDAY, April 15th, 2019

adults age 18 and older

location: groton, ma

time: mondays, 6-7:30 pm

cost: \$240; preregister by 4/1-\$210

call: (978) 272-1442

email: jocelyn@homecomingcounseling.com