

# ANXIETY GROUP FOR ADULTS

The Anxiety group focuses on anxiety and healthy ways to manage it.

The group uses psycho-education and sessions will focus on:

- Identifying symptoms and triggers of anxiety
- Developing coping strategies and problem solving skills to deal more effectively with symptoms of anxiety
- Reducing anxiety symptoms
- Promoting higher levels of wellness, stability and quality of life

Join at any time. This group is **20 sessions** long and each session is **two hours** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance you may qualify for support through the county sliding fee program.

\*We are currently offering this group for individuals with an SPMI Diagnosis.

**Facilitator: Julie Smith, MA, LPCC**

**For more information, call our intake line at 763-780-3036.**

20 WEEK  
COMMITMENT

STARTS SOON!

CALL NOW TO  
SIGN UP  
763-780-3036

LOCATION:  
BRIDGEVIEW  
7920 UNIVERSITY AVE NE,  
FRIDLEY, MN 55432

SLIDING FEE  
AVAILABLE



**Lee Carlson Center™**  
FOR MENTAL HEALTH & WELL-BEING

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BV, SPMI