

Anxiety Support Group

Facilitated by Nina Flowers, LPC
Of Counseling Solutions, Inc.

Every Thursday from 7:00PM until 8:30PM
\$25/session

19465 Deerfield Ave, Ste 201
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Call to reserve your space, please.

Weekly open small group sessions (10 or fewer people per group)

If you are feeling restless, having difficulty concentrating, feeling irritable, not sleeping, constantly worried or having panic attacks, come meet with the support group to discuss anxiety with others experiencing similar issues.

Learn more about anxiety and how to manage it in this relaxed setting.