



New Anxiety Group

Where

Time: 1:00 pm to 2:00 pm
Location: Certified Community Behavioral Healthcare Center
1550 Sheridan Dr. Ste. 202
Lancaster, OH
Phone: 740-808-8371



Anxiety Group Info

This group will focus on providing coping skills to help individuals struggling with generalized anxiety. During the group, we will utilize the MindShift app and handouts to build a coping skills toolbox. All coping skills taught are based on cognitive behavioral therapy. Not a big fan of technology, all apps used in the group are only recommended. If you need help coping with anxiety, this group is meant for you. No need to preregister in advance.

Meeting Dates

This group meets every Tuesday. Below listed are all the meeting dates.

- 1/17
- 1/24
- 1/31
- 2/7
- 2/14
- 2/21
- 2/28
- 3/7