



## **OVERCOME ANXIETY AND DEVELOP MORE GRIT!**

Are you easily overwhelmed by life's challenges?

Do you worry excessively about things that are out of your control?

Do you struggle to accomplish your goals?

**It's time to stop suffering and move ahead with living your best life!**

In this 8-week group therapy workshop you will:

- ◆ Learn coping skills to manage anxiety more effectively
- ◆ Utilize stress management techniques to be more productive
- ◆ Learn mindfulness/meditation for a more peaceful existence
- ◆ Increase passion and grit to maximize success and fulfillment

Join us in a safe environment with convenient options for participation.

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