

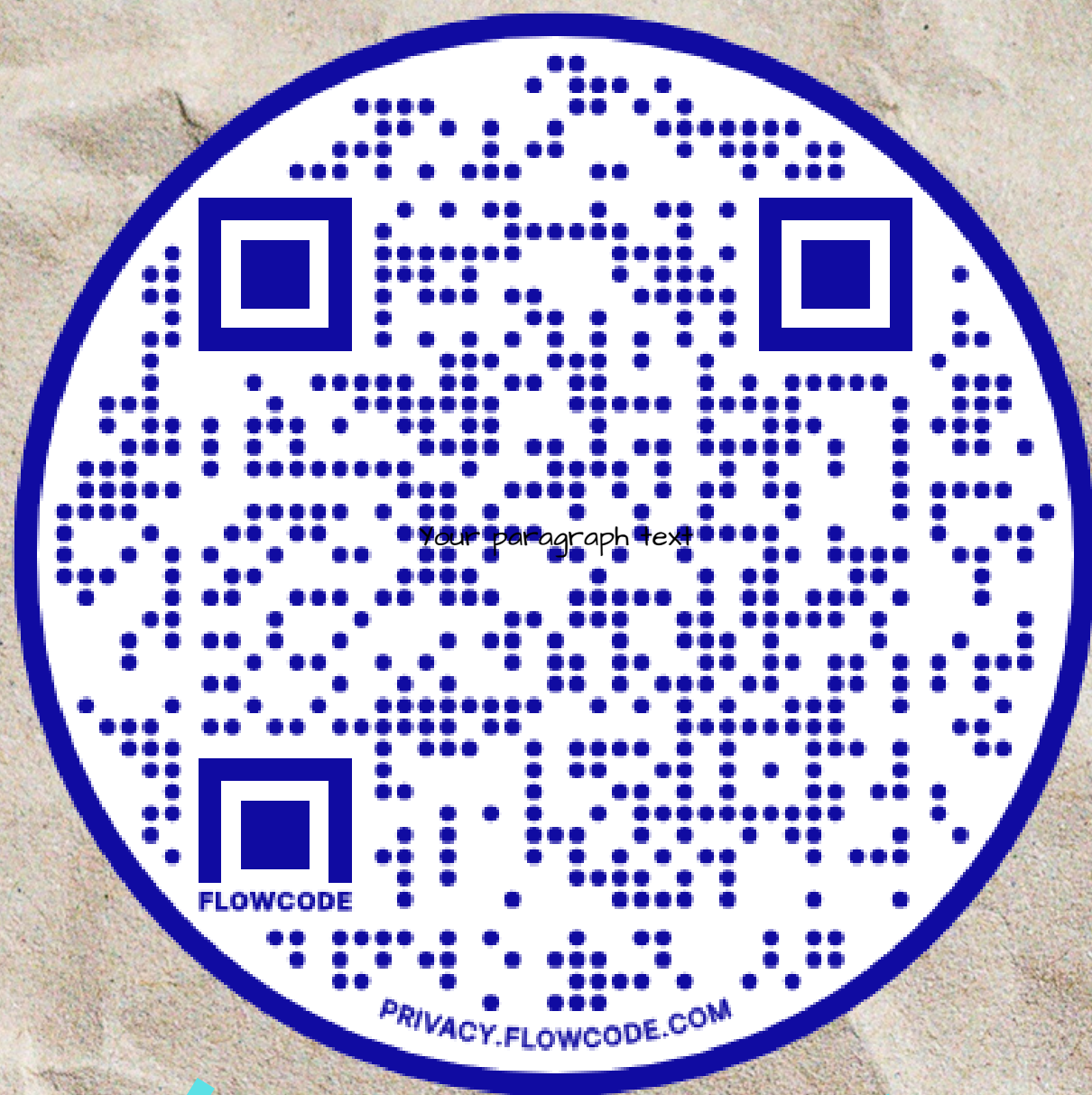
Anxiety Skills

feeling tense & overwhelmed?

difficulty with overthinking?

interested in learning how to get unstuck?

CAPS
Anxiety
Skills
therapy
group
may be
for you!



Find
some
relief and
better
manage
your
anxiety!

WHEN: Fridays 1:00pm-2:00pm

Start date TBD based on interest

WHERE: CAPS 182 High St.

HOW: Scan QR code, call 860.465.0181,
email Steph Cote, LPCA ; Greg Betz, PsyD