



American Foundation of
Counseling Services, Inc.

Anxiety Management Group

- Purpose:** To understand anxiety and learn skills to manage anxiety
- For:** Adults (18 and over) struggling with anxiety
- Content:** Information and education about anxiety.
Practice relaxation techniques and learn coping skills.
Identify and change automatic thinking and mistaken beliefs.
Find out how exercise and nutrition can help.
Identify your communication style and work toward assertiveness.
Develop a list of self-care strategies.
- When:** The group meets for 8 sessions on Mondays from 5:30-7:00 p.m.
Specific dates are:
- | | |
|-------------------------|--------------------------|
| October 10, 2016 | November 7, 2016 |
| October 17, 2016 | November 14, 2016 |
| October 24, 2016 | November 21, 2016 |
| October 31, 2016 | November 28, 2016 |
- Where:** American Foundation of Counseling Services
130 E. Walnut St. 7th Floor
Downtown Green Bay
(920) 437-8256
- Cost:** Some health insurance and medical assistance or sliding fee accepted.
- Facilitator:** Elaine Schoeni, LCSW
- Other:** There will be an initial evaluation session prior to joining the group.
Please call (920) 437-8256 to set up a meeting with Elaine Schoeni.