

COLLEGE-RELATED

ANXIETY

CBT-SUPPORT GROUP

Are you tired of anxiety interfering with your studies and social life?

Are you struggling with procrastination? Do you feel nervous and uncomfortable in social situations?

HS & COLLEGE STUDENTS

AGES 17-24

Thursdays 7:00-8:30pm

June 30th to August 4th

One Heathcote Rd. | Scarsdale, NY

Reduce your anxiety through research proven strategies & CBT

Support, encouragement & group accountability

Learn powerful self-help exercises that can be used for years to come

Live life less restricted & increase your peace of mind

Led by Elise Munoz, LCSW-R, CBT-TEAM Certified

ENROLL

914 815 6799

info@feelinggoodcenter.com

Space is limited to 8 participants. Each 6 week session is \$290 or \$670 for "Enhanced Group" (a \$145 savings), plus a one-time \$25 material fee. Full payment is required upon registration. Materials include the book *Tackling Anxiety How to Regain Your Peace of Mind* along with a class binder filled with self-help tools and useful articles.

feelinggoodcenter.com



**THE
FEELING
GOOD
CENTER**
FOR
COGNITIVE
BEHAVIORAL
THERAPY

"ENHANCED GROUP"

Add 3 private sessions to your group classes to feel better sooner and save 50% over regular class price

JOIN

OUR

6 WEEK

ANXIETY

CLASS