

TACKLING

ANXIETY

CLASS

Are you or your teen struggling with anxiety, worry or panic?

Are you tired of anxiety interfering with yours or your teen's enjoyment of life?

TEENS

AGES 14-18

Tuesdays 5:30-7:00pm

Starting May 24th, 2016

ADULTS

AGES 18+

Call Us for Next Classes

Starting in May 2016

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 Class" (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.



THE FEELING GOOD CENTER

FOR COGNITIVE BEHAVIORAL THERAPY

"ENHANCED CLASS"

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

feelinggoodcenter.com