

The ANXIETY & STRESS MANAGEMENT INSTITUTE

1640 Powers Ferry Road • Building 9, Suite 100 • Atlanta • Georgia 30067 • 770.953.0080

ANXIETY & STRESS MANAGEMENT SUPPORT GROUP Free and Open to the Public

Day & Time

Wednesdays
12:30 - 1:45 p.m.

Led by

Marissa Mundy, Counselor Intern

Location

The Anxiety & Stress Management Institute

Please see our website for directions: www.StressMgt.net

Contact

All inquiries please telephone our Intake Coordinator

770.980.9229

Email: Info@StressMgt.net

Receive Support Around

- **Reducing The Physical Symptoms of Anxiety & Stress**
- **Changing Your Self-Talk & Breaking The Worry-Cycle**
- **Discovering & Using Your Best Coping Strategies**
- **Boundary Setting & Reducing Stress in Your Relationships**
- **Increasing Self-Care & Self-Esteem**
- **Learning Tried & True Techniques Like Breathing Retraining, Progressive Muscle Relaxation & Visualization**