

The ANXIETY & STRESS MANAGEMENT INSTITUTE

1640 Powers Ferry Road SE • Building 9 • Suite 100 • Marietta • Georgia 30067 • 770.953.0080

ANXIETY & STRESS MANAGEMENT SUPPORT GROUP

Free and Open to the Public

Day & Time

Tuesdays
5:30 - 6:45 p.m.

Led by

Lizzie Booher, B.A., Counselor Intern
Sarah Gazaway, B.S., 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

*For more details, use
our QR code to visit
the group's webpage*

