

Anxiety

SUPPORT GROUP

For College Students/Young Adults
WHERE? Zoom! THURSDAYS 4-5 PM

An opportunity for support from others who also have anxiety. Psycho-education from therapists on how to better manage symptoms.

Topics of Discussion Include:

- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Symptom Management
- Unique Therapeutic Techniques

Stop by Admin Window
or call

814.325.0280



Covered by most commercial + state insurances