



Adult Anxiety CBT group

Our adult anxiety CBT group is a 10 week skills group empowering adults with anxiety learn ways to tolerate distress and face their fears in order to *live a more meaningful life*.

This group can be a great addition to your individual therapy or on its own. Benefits of participating in this group include:

-
- Introduce skills to challenge catastrophic anxious thoughts.
 - Learn strategies to increase tolerance for distressing emotions and physical sensations.
 - Reduce anxious avoidance behaviors through
 - Engage in a supportive environment with others similarly struggling with anxiety.

Group Facilitator: Anna Villavicencio, PhD

When: Wednesday, 12-1pm

Begins: September 25, 2024

Where: Virtual

Cost: \$160 per session

Limited spots available!

Washington Anxiety Center of Capitol Hill

519 9th Street SE Washington DC 20003

202-768-6494

LEARN MORE ABOUT US AND REGISTER FOR YOUR SPOT TODAY!
WWW.WASHINGTONANXIETYCENTER.COM