

Alexian Brothers Center for Mental Health Presents

Overcoming Anxiety Group

Tuesday Nights
6:30-8:30 p.m.

Or

Thursday Nights
6:00-7:30 p.m.

10 Week Session

Individual sessions are
also available

Learn Cognitive Behavioral Therapy
Techniques to Eliminate:

Panic and Anxiety Attacks

Social Anxiety

Worry

Negative Self-Talk

Please contact 847-
952-7464 for more
information

