

Serenity Now!

Addressing Anxiety Group

Facilitator: Adriane Beck, MS, MFT

A 6-week group devoted to education on the harmful effects of anxiety as well as opportunities to develop tools to combat stress in the mind and body.

The experiential portion of this group aims to provide participants complete relaxation as one learns to soothe worries and fears.

Laura's House Counseling and Resource Center

8 weeks
Wednesdays beginning July 1st, 2009
From 5:00-6:30pm



Note: All participants must register with Laura's House before attending the group. If you have not registered and completed an intake, or would like to sign up, please contact the Counseling and Resource Center at:

949-240-0363

999 Corporate Drive, Suite 225

Ladera Ranch, CA 92694