

# **Do you experience anxiety and need tools to help you cope?**

Come join us in reducing the stress being held in the mind and body!

## **Anxiety Workshop**

Offered by:

Laura's House Counseling and Resource Center

Tuesday, August 26<sup>th</sup> 2008

6:00-8:00pm

Facilitator: Adriane Beck, MS, MFT

### **The workshop will include:**

- An overview of anxiety (including causes and maintaining factors)
- Breathing Exercise
- Visualization Activity
- Anxiety management techniques to use at home
- Soothing music

*Note: If you or an acquaintance is not currently registered with Laura's House you must schedule and complete an intake before coming to the workshop.*

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\* \$5 donation appreciated