

Young Adult Anxiety & Depression

Tuesdays 6:00 - 7:00 pm

Would you like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings you're experiencing at this time in your life?



The demands of college/work can make it difficult for young adults to find needed support. The experiences of anxiety & depression can be isolating, yet the truth is that many 18-27 year olds struggle with these concerns. You can find help and support in our group that utilizes research-supported Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches. Our weekly group offers you the opportunity to...

- ❖ Explore the Relationship Between How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Provide & Receive Support from Peers

For information, contact **Susan Myket, Ph.D. & Associates**

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