

YOUNG ADULT ANXIETY & DEPRESSION GROUP

Ages: 18-27- Tuesdays 6-7 PM - Starts Jan 6th

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 methods.

WE FOCUS ON



- Exploring the relationship between how you think, feel & act
- Increasing awareness & acceptance of emotions
- Learning ways to manage emotions
- Providing & receiving support from peers

MODALITIES USED

- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Other Third Wave CBT Approaches

Susan Myket, Ph.D. & Associates

*A Counseling & Assessment Practice Empowering
Change for Individuals, Couples, & Families*



For more information, contact us at: 630-355-9002 x1 or scan here