

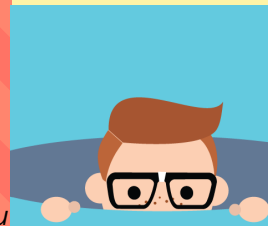


OVERCOMING ANXIETY GROUP

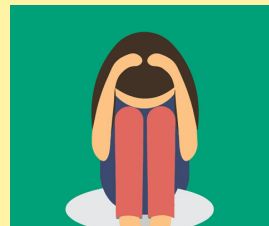
SPONSORED BY COUNSELING & PSYCHOLOGICAL SERVICES

MONDAYS
10:40 AM
TO
11:50 AM

DO YOU FIND YOURSELF CONSTANTLY WORRYING, STRESSED, OVERWHELMED, OR IN A PANIC? YOU'RE NOT ALONE! THIS GROUP IS FOR YOU TO FIND NEW WAYS TO MANAGE ANXIETY (INCLUDING OVER-THINKING, SOCIAL ANXIETY, AND PANIC ATTACKS). COME CHECK IT OUT!



All groups require a pre-group appointment with the group leader. Call or stop by to schedule yours today (909) 537-5040.



For disability-related accommodations, please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or psychcounseling@csusb.edu