

Anxiety and Depression

A Group for Women

Living the Life You Want to Live

Imagine

Connect with other women while learning and practicing skills to live the life you want to be living

- learn about anxiety, its many forms and the myths of anxiety
- learn how to practice mindfulness
- education and practice of acceptance and self compassion
- develop more satisfying relationships
- learn about control and the difficulty in the struggle with it
- be the woman you want to be

Six sessions, \$50 per session (billable to insurance under many policies)

Sliding fee schedule available (nobody turned away)

Commit to attend and pay for all group sessions

Groups are not interchangeable (attend all Monday or all Thursday)

Mondays 11:30a to 1p

June 18, 25, July 9, 16, 23, 30

OR

Thursdays 5:30p to 7p

June 14, 21, 28, July 12, 19, 26

Contact Colleen Moloney, LCSW

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