



YOUNG ADULT CBT GROUP

Group Therapy for
Ages **18 - 29**

Group meets **virtually**, weekly on **Wednesdays** at **5pm**

Utilizing a Cognitive Behavioral Therapy (CBT) approach, participants will learn how thoughts influence feelings and impact behavior. Participants will also learn to recognize triggers and physiological symptoms of anxiety and then identify and implement healthy coping skills, relaxation, and self-care strategies to improve overall health and well-being.

FOR MORE INFORMATION CONTACT **LINDSAY BOWLING, LPC, CSAC** AT
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