

Overcoming Anxiety; a Pandemic Toolkit

Is the isolation and uncertainty of the Pandemic making it difficult to be your “best self?” Could you benefit from proven tools and strategies to make anxiety more manageable?

Join us for this on-going four-session group, conducted in-person at Samaritan Counseling Center, lower-level conference room.

Participants will learn and utilize reliable strategies to manage panic and anxiety, reduce stress, and maintain a positive outlook even in difficult times. Samaritan counselors Dee Savides, LCSW and Intern Kathy Steiner will use a combination of experiential, visual, and cognitive techniques for distress tolerance that help clients change their relationship to difficult feelings and thoughts and give them freedom to connect to positive directions for themselves.

Topics will include

- Gaining Comfort with Change
- Strategies for Managing Panic
- Emotion Regulation Tools
- Connecting to Individuals’ Positive Values
- Mindfulness Skills

Registration

- Schedule an intake with a Samaritan counselor *prior to the start of the group* by calling **920-886-9319**
- Current Samaritan clients may be referred by their counselor
- Insurances may be accepted/
sliding fee payments may apply for those eligible

Meeting Times

Every other week from 1:00 to 2:30 pm
(3/31, 4/14, 4/28, 5/12)

www.samaritan-counseling.com

