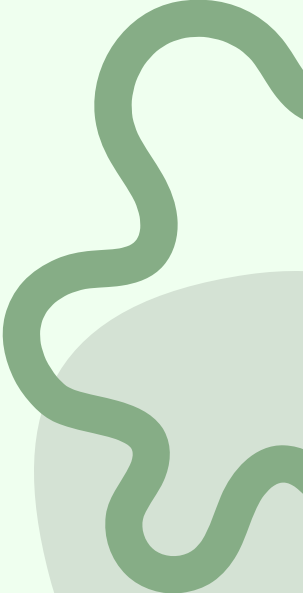


ANXIETY MANAGEMENT GROUP



What you'll gain:

- **Learn about anxiety** and better understand how it affects your thoughts, emotions, and behaviors.
 - **Explore** more adaptive ways of relating to anxiety.
 - **Build** practical anxiety management and coping skills.
 - **Process** your experiences in a supportive group environment with others who understand.
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TIME & DAY TBD

For more information, please contact:
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