

Separate Groups for **Teens & Adults** Starting Soon!

Overpowering Panic

Panic is Real, Serious & Treatable

Panic Attacks, also known as Anxiety Attacks, affect about 6 million Americans every year. In our groups, you will learn that you do not suffer alone, as you are coached to apply the latest research to overcome panic. In separate groups, teens & adults can gain the following skills:

- ❖ Understanding What Happens When the Body Panics
- ❖ Improving Thoughts to Halt Panic in Its Tracks
- ❖ Doing Experiments to Test Anxious Beliefs
- ❖ Using the Principle of Inoculation to Tolerate Anxious Feelings
- ❖ Learning Strategies to Prevent Relapse



*The **Teen Group** will meet Mondays from 6:30 - 8 pm, Oct. 10 - Dec. 19.*
*The **Adult Group** will meet Thursdays from 6:30 - 8 pm, Sept. 22 - Dec. 15.*

For information, call **The Anxiety Clinic @**

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