

Women's Depression & Anxiety

Are you looking for a safe & supportive group of women where you can share your concerns and learn better ways to cope with and find relief from your depression and anxiety?

Many women in our community struggle with depression and/or anxiety. Depression and anxiety often impact a woman's relationships and her ability to comfortably handle the cares and responsibilities of her day-to-day life. If you are finding it hard to cope, Dr. Susan Myket invites you to participate in her skill based group based on the principles of research-supported Acceptance and Commitment Therapy (ACT) and other Third Wave CBT (Cognitive Behavioral Therapy) approaches. This group will provide an understanding and supportive environment and the tools you need to make progress in finding relief from your depression and anxiety.

Group Topics Include:

- ❖ Discuss the Relationship Between How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Identify & Apply Your Values
- ❖ Provide & Receive Support from Peers



For information, contact *Susan Myket, Ph.D. & Associates*

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