

Freedom from Anxiety

\$20.00

Free Childcare - pre-registration required

Anxiety can be crippling and rob us of our ability to be present and to enjoy life. It can sometimes feel like we're completely alone in this, right? Like no one can truly understand what's going on in our minds and hearts. These thoughts, these fears, can feel all-consuming.

Join in as we prepare to peel back the layers of anxiety in search of hope and healing. This may seem scary, but you are not alone. Walking together provides strength as we are seen, heard and validated in our experience.

Discussion includes:

- What is Anxiety?
- Your Anxiety Story
- Root Causes of Anxiety
- Truth and Lies
- Family of Origin & Wounds
- Processing your Wound
- Healing through Relationships
- Developing Emotional Awareness

The class is not a substitute for therapy, and although it is not a requirement, it may be beneficial for attendees to seek professional counseling in addition to attending the class.

The progress you make depends largely on your willingness to actively engage in group discussions and complete at-home practices between sessions.

The weekly group time provides a space where we can feel safe to be ourselves and be supported by the facilitators and other participants. Registration will close after week one to ensure a safe environment for sharing within the group each week.

Commitment

Attending the group each week is imperative to the successful outcome for you as well as others in the group. If you are not able to attend regularly, you may want to consider waiting until your schedule clears to register.

If you would like to find out more or discuss mental health resources, click [here](#).