



Group Therapy: CBT for Anxiety

If you struggle with generalized anxiety or social anxiety, group therapy can help you to learn powerful strategies to manage symptoms. * Facilitator Michael Greenwald, LCSW, uses Cognitive Behavioral Therapy (CBT) techniques to assist participants in developing more positive thought-patterns, relaxation skills, and improved confidence. Groups will include discussion and exercises to allow for active learning in a supportive environment. Join us in taking control of anxiety!

Mondays, 6:15—8pm, June 4th—July 16th
(no group session on July 2nd)

Primary Care Psychology Associates

**Located in the NMG—Lakeview Office
1333 W Belmont Ave, Chicago, IL 60657**

Contact PCPA Intake Coordinator to register:
(847) 686-0090, and select option 1

