

ANXIETY & DEPRESSION GROUP COGNITIVE BEHAVIOR THERAPY (CBT) PROGRAM

Program Includes:

1 Individual Intake Session

10 Weekly 90-Minute Group Meetings

Led by Shanna Farmer, M.S., M.F.T.



THIS PROGRAM CREATED FOR ADULTS WHO:

- Struggle with mild to moderate depression or anxiety and are looking for a cost-effective alternative to individual therapy
- Are doing well in treatment or with medication but are looking for opportunities to accelerate progress
- Have completed therapy but want to improve coping skills to prevent relapse

Our evidence-based program uses CBT to help you more effectively manage your moods and anxiety. You'll gain fundamental skills based on CBT to help identify, evaluate and alter thoughts and behaviors that contribute to your distress

PARTICIPANTS WILL LEARN TO:

- Increase resiliency to cope with difficult situations
- Engage in more adaptive behaviors to enhance quality of life
- Utilize gratitude logs and forgiveness letters as tools to increase happiness
- Practice mindfulness and acceptance

**New groups are forming now.
To learn more, please call 949-222-2848**



**Anxiety & Depression
Center**
COGNITIVE BEHAVIOR THERAPY SPECIALISTS

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