

Anxiety Education & Support Group

Free six session adult group for those experiencing anxiety symptoms.

It's normal for anxiety symptoms to have increased with COVID-19. If you experience excessive worry, panic, fear, sleep issues, agitation or irritability, difficulty concentrating or making decisions this group is here for you.

What to expect



- Lead by two therapists.
- Telehealth group, must have internet and web-cam access.
- Minimum of 4 group members, maximum of 10.
- Completely confidential with the same participants for all 6 sessions.
- Helpful takeaways and skills.



Every Thursday
June 18th-July 23rd

Time: 12pm-1pm

Not sure this is for you?
Join our informational meeting
June 11th @ 12pm on Zoom:

<https://healthdistrict.zoom.us/j/3098757399>

To join or get more info call 970-692-7164!

Behavioral Health
Provider for the Adult
team specializing in
anxiety, stress,
grief, and SPMI.



Tasha Steinbach, LCSW, CACII



Kathy Forrest, LPC, CACII

Behavioral Health
Provider for the Adult
team specializing in
depression, addiction,
crisis, and grief and loss.

